

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Spleen
Qi Deficiency + Declining Spleen Qi
E246

(Book: E246)

Nutrition recommendations for TCM - Spleen - Qi Deficiency + Declining Spleen Qi

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 8 treasures of rice
 - 9.2 Basic recipe for a chicken broth worming
 - 9.3 Basic recipe for a reissue soup (Congee)
 - 9.4 Basic recipe for a vegetable soup, nutritious
 - 9.5 Bean paste piquant sweet
 - 9.6 Beef soup with carrots, leeks, bay leaves
 - 9.7 Beluga lentil stew with vegetables
 - 9.8 Black-eyed beans stew
 - 9.9 Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)
 - 9.10 Carp soup
 - 9.11 Carrot and rice gruel soup
 - 9.12 Chicken soup with angelica root and buckthorn fruit
 - 9.13 Clear soup from goose
 - 9.14 Indian Dal soup

- 9.15 Kidney bean pot with lamb and sage
- 9.16 Kuzu soup in the morning
- 9.17 Leek soup with almondmash
- 9.18 Lentils and rice stew
- 9.19 Pumpkin curry
- 9.20 Quick flakes with compote or jam
- 9.21 Quinoa with peach
- 9.22 Rice congee with crushed walnuts
- 9.23 Rice dulse soup
- 9.24 Rice noodle soup with shiitake mushrooms
- 9.25 Rice with stewed vegetables
- 9.26 Sliced lamb with rosemary potatoes
- 9.27 Tea from cinnamon sticks
- 9.28 Tea from ground
- 9.29 Tea from juniper berry
- 9.30 Tea from thyme
- 9.31 Warming porridge

10. Effects of food

- 10.1 Use ingredients: recommendable
- 10.2 Use ingredients: yes
- 10.3 Use ingredients: little
- 10.4 Do not use contra-acting foods

11. Complementary

- 11.1 Agrimony
- 11.2 Centaurium (centaury)
- 11.3 Dandelion
- 11.4 Sage
- 11.5 Wormwood

12. Basics of Nutrition

- 12.1 Nutrition
- 12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. ther dietic-books

14. EBNS - Software for nutritional counseling

1 Treatment strategy

Strengthen spleen qi, raise qi, raise yang.

2 Avoid

sour / bitter: dehydrating drinks and food (apple juice, cider, cider, green tea)

3 Breakfast

	kkal. per serving
Bean paste piquant sweet	311
Carrot and rice gruel soup	101
Kuzu soup in the morning	12
Leek soup with almondmash	115
Quick flakes with compote or jam	189
Quinoa with peach	247
Rice congee with crushed walnuts	406
Rice dulse soup	190
Tea from ginseng	0
Tea from ground	2
Tea from juniper berry	10
Warming porridge	357