

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver
Wind with extreme heat
E227

(Book: E227)

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Apple and celery soup with roasted fennel
 - 9.2 Asparagus and herb ragout
 - 9.3 Asparagus Cream Soup
 - 9.4 Basic recipe for a vegetable soup, nutritious
 - 9.5 Boiled celery salad with exotic spices
 - 9.6 Celery and potato cream soup
 - 9.7 Celery juice
 - 9.8 Celery soup
 - 9.9 Champignon rice
 - 9.10 Champignon salad with cress
 - 9.11 Cucumber soup
 - 9.12 Kohlrabi in chervil sauce with potatoes
 - 9.13 Kohlrabi Potatoes mash - also for babies from 8 months
 - 9.14 Nettle-chard soup
 - 9.15 Noodles with vegetable and tomato sauce

- 9.16 Paprika-tomato rice
- 9.17 Raw celery salad
- 9.18 Spinach soup with mascarpone
- 9.19 Spinach with cottage cheese
- 9.20 Spinach with Tahini
- 9.21 Tea from celery sticks
- 9.22 Tea from chamomile
- 9.23 Tea from sage
- 9.24 Wheat fresh grain porridge with pears.

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 Barberry roots
- 11.2 Chicory roots
- 11.3 Elderberry (flowers)
- 11.4 Mint

12. Basics of Nutrition

- 12.1 Nutrition
- 12.2 Recipes
- 12.3 Foodstuffs
- 12.4 Herbs

13. Other dietic-books

14. EBNS - Software for nutritional counseling

1 Treatment strategy

n.a.

2 Avoid

n.a.

3 Breakfast

	kkal. per serving
Boiled celery salad with exotic spices	165
Celery juice	33
Celery soup	101
Champignon rice	410
Cucumber soup	95
Kohlrabi in chervil sauce with potatoes	187
Noodles with vegetable and tomato sauce	561
Raw celery salad	590
Spinach with cottage cheese	263
Tea from celery sticks	1
Tea from sage	4
Wheat fresh grain porridge with pears.	309

4 Snack

Kohlrabi Potatoes mash - also for babies from 8 months
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