

nutribook



# TCM Recommendations

## Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



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**Lung**  
**Mucus-cold in the lungs**  
**E231**

(Book: E231)

## **Diet recommendations for TCM - Lung - Phlegm Cold**

1. Treatment strategy
2. Avoid
3. Recipes
  - 3.1 Cooling rice dish with grapefruit
  - 3.2 Japanese algae soup
  - 3.3 Oat Congee
  - 3.4 Spicy Tofu Vegetable Pan
  - 3.5 Tea from thyme
4. Effects of food
  - 4.1 Use ingredients: recommendable
  - 4.2 Use ingredients: yes
  - 4.3 Use ingredients: little
  - 4.4 Do not use contra-acting foods
5. Complementary
  - 5.1 Fennel
  - 5.2 Ginger fresh
  - 5.3 Sage
  - 5.4 Summer savory
6. Basics of Nutrition
  - 6.1 Nutrition
  - 6.2 Recipes
  - 6.3 Foodstuffs
  - 6.4 Herbs
7. Other dietic-books
8. EBNS - Software for nutritional counseling

# **1 Treatment strategy**

Release mucus, lower lungs, tone spleen, calm cough.  
avoid cold / refreshing - more warming food.

## **2 Avoid**

Bad diet style, cold drinks, no meat 4 hours before sleep, too much bread, cereals, too much raw food, cold foods / drinks, dairy products, tropical fruits, fruit juices, denatured food, factory sugar, fried, breaded and fat.

See also damp cold in the spleen.