

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Mucus heat in the lungs
E230

(Book: E230)

Diet recommendations for TCM - Lung - Phlegm-Heat in the Lungs

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Adzuki Bean and Rice Soup
 - 9.2 Basic recipe for a vegetable soup, nutritious
 - 9.3 Basmati rice + Zucchini tofu dish
 - 9.4 Cooling rice dish with grapefruit
 - 9.5 Potato-basil soup
 - 9.6 Radishjuice
 - 9.7 Smoothie celery carrot (BIRRS)
 - 9.8 Tea from chamomile
 - 9.9 Tea from ground
 - 9.10 Tea from thyme
 - 9.11 Tsampa
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 Coneflowers
- 11.2 Eucalyptus
- 11.3 Horehound (common horehound)
- 11.4 Johnny Jump up
- 11.5 Plantain
- 11.6 Reishi
- 11.7 Thujas or cedars leaves
- 11.8 Turmeric
- 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

Dissolve the mucus, cool the heat, lower the lungs, tone the spleen, calm the cough.

Avoid hot / warm - more refreshing foods.

2 Avoid

Poor nutritional 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: moist heat in the spleen.