

nutribook



di-book series

TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Wind-heat affects the lungs
E233

(Book: E233)

Diet recommendations for TCM - Lung - Wind-heat affects the Lung

1. Treatment strategy
2. Avoid
3. Recipes
 - 3.1 8 treasures of rice
 - 3.2 Basic recipe for a reissue soup (Congee)
 - 3.3 Celery juice
 - 3.4 Pear compote
 - 3.5 Pear juice
 - 3.6 Radish juice
 - 3.7 Rice congee with honey pear and black sesame
 - 3.8 Rice porridge with orange peel
 - 3.9 Rice porridge with shrubs (seeds) Yi Yi Ren
 - 3.10 Tea from lime blossom
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 Barberry roots
 - 5.2 Chamomile
 - 5.3 Coneflowers
 - 5.4 Elderberry (flowers)
 - 5.5 Mint

- 5.6 Peppermint
- 5.7 Plantain
- 5.8 Sage
- 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

Drain (open surface and expel heat), cool heat, strengthen lungs Qi.