

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Wind-cold affects the lungs
E234

(Book: E234)

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

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Compote from cherries
 - 9.2 Fennel with roasted walnuts
 - 9.3 Ginger garlic drink
 - 9.4 Lettuce with vinegar dressing
 - 9.5 Oatmeal soup with spring onion and carrots
 - 9.6 Pine nuts porridge
 - 9.7 Polenta with peach
 - 9.8 Radish with spring onions and carrots
 - 9.9 Recipe against cold by wind-cold evil 1
 - 9.10 Rice porridge with shallots
 - 9.11 Rice soup with grated carrots and fresh herbs
 - 9.12 Sliced lamb with rosemary potatoes
 - 9.13 Spring vegetables - also for babies from the 8th month
 - 9.14 Tea from anise

- 9.15 Tea from cinnamon sticks
- 9.16 Tea from coriander
- 9.17 Tea from marjoram
- 9.18 Tea from peppermint with white sugar
- 9.19 Tender fennel vegetables - also for babies from 6th month
- 9.20 Thick pea soup
- 9.21 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 Angelica (root)
- 11.2 Chili pods
- 11.3 Cinnamon bark
- 11.4 Coriander
- 11.5 Ginger fresh
- 11.6 Juniper berries
- 11.7 Lovage root
- 11.8 Marjoram
- 11.9 Sage
- 11.10 Sorrel

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

Drain (open surface and expel cold), strengthen lungs Qi, strengthen middle. Hot YES (except bitter), warm and neutral YES (except sour), refreshing and cold NO

2 Avoid

Sour foods, tropical fruits, unripe fruits, very sweet food, dairy products, power soups, chicken meat, eggs, peppermint, lime blossom, elderflower.

3 Breakfast

| | | | |
|---|--------------|------------------|--------|
| Compote | from | cherries | 31 |
| | | | |
| Lettuce | with | vinegar dressing | 67 |
| | | | |
| Pine | nuts | porridge | 235 |
| | | | |
| Polenta | with | peach | 197 |
| | | | |
| Recipe | against cold | by wind-cold | evil 1 |
| | | | 67 |
| Rice | porridge | with shallots | 177 |
| | | | |
| Tea | from | anise | 2 |
| | | | |
| Tea | from | cinnamon sticks | 2 |
| | | | |
| Tea | from | lime blossom | 0 |
| | | | |
| Tea | from | marjoram | 0,5 |
| | | | |
| Tender fennel vegetables - also for babies from 6th month | | | 70 |
| | | | |
| Warming | | porridge | 35 |
| | | | |