

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver
Wind with rising liver Yang
E225

(Book: E225)

Diet recommendations for TCM - Liver - Wind with Yang Rising

1. Treatment strategy
2. Avoid
3. Recipes
 - 3.1 Celery and tomato salad
 - 3.2 Cooling rice dish with grapefruit
 - 3.3 Tea from celery sticks
 - 3.4 Tea from chamomile
 - 3.5 Tea from sage
 - 3.6 Tea from yarrow
 - 3.7 Tea mixture TCM - Liver - Rising Liver Yang
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 Birch leaves
 - 5.2 Chamomile
 - 5.3 Ginger fresh
 - 5.4 Lavender flowers
 - 5.5 Peppermint
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

Drink 3 cups of tea blends daily. After 6 weeks, check if the syndromes are still here. If you are taking any medication, please discuss the interactions with your doctor.