

nutribook

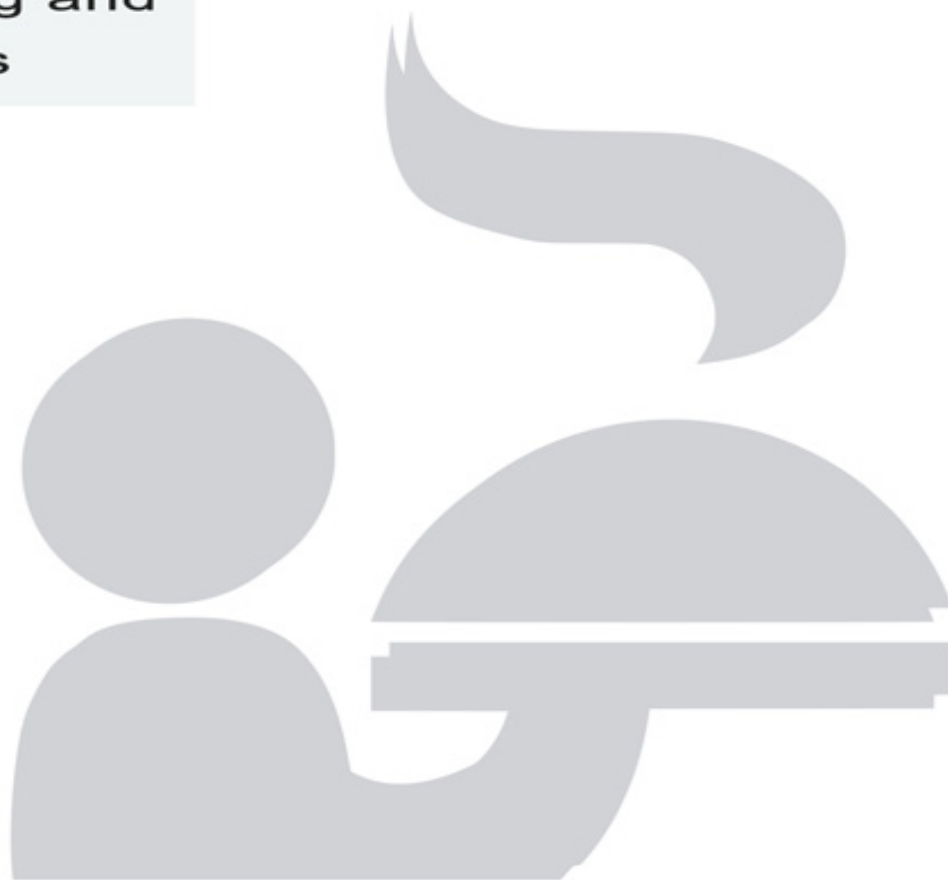


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Mucus moisture in the lungs
E229

(Book: E229)

Diet recommendations for TCM - Lung - Phlegm-Damp 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 reissue soup (Congee)
 - 9.3 Basic recipe for a vegetable soup, nutritious
 - 9.4 Basmati rice + Zucchini tofu dish
 - 9.5 Cardamom water
 - 9.6 Carrot and rice gruel soup
 - 9.7 Corn coffee with cardamom
 - 9.8 Fennel-Rice Soup
 - 9.9 Grapefruit juice
 - 9.10 Rice congee with carrots and fennel
 - 9.11 Rice porridge with shallots
 - 9.12 Rice porridge with shrubs (seeds) Yi Yi Ren
 - 9.13 Rice with parsnips
 - 9.14 Rice with stewed vegetables
 - 9.15 Tea from basil

- 9.16 Tea from blackberry leaves
- 9.17 Tea from thyme
- 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 Acorus root
 - 11.2 Horehound (common horehound)
 - 11.3 Juniper berries
 - 11.4 Rosemary
 - 11.5 Summer savory
 - 11.6 Thujas or cedars leaves
- 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

Release mucus, regulate lung qi, calm cough.

2 Avoid

See also spleen qi deficiency, damp spleen and damp heat. Cold and raw foods, dairy products, sugar, honey, sweets, fatty foods, cocoa, cola, fruit juices, banana, fresh-grain porridge, sweet rice, sticky rice, cereals with milk and fruit.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
Cardamom water	16
Carrot and rice gruel soup	101
Corn coffee with cardamom	3
Fennel-Rice Soup	155
Rice congee with carrots and fennel	131
Rice porridge with shallots	177
Rice porridge with shrubs (seeds) Yi Yi Ren	211
Rice with parsnips	206
Tea from basil	0
Tea from blackberry leaves	0
Tea from thyme	0