

## **Diet recommendations during TCM - Heart - Hot mucus clogs the heart pores**

Please check these recommendations always with a nutrition consultant, therapist, doctor or dietician. The recipes and the list of ingredients are supporting the conventional medical therapy. The calorie disclosures of fresh ingredients (fruit and vegetables) vary according to quality and time of harvest. The contents were checked by a dietician and a nutrition consultant for the Traditional Chinese Medicine (TCM).

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Source:

The lists are created from the EBNS database for nutritional counseling. The database is used by dietitians, therapists and doctors for advising the patient / client.

Literature:

The specialist literature and the training documents of the German and Austrian dietary and traditional Chinese medicine serve as a knowledge base. We have used the documents as a basis of knowledge, adapted it to our experience and completed them.

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# 1 Treatment strategy

Cool heart fire, eliminate mucus, calm the mind.

## 2 Avoid

Bitter, drying, hot spices, very salty, grilled, fried, toasted, Yogitee, cocoa, chocolate, hectic, stress, screen work, go to bed late.

## 3 Recipes

(rec.) = You can use more.

(little) = You should use less than specified

(omit) = omit.

### 3.1 8 treasures of rice

Strengthens kidney and bladder, builds up Qi, strengthens the spleen, repels moisture, reduces internal heat, prevents cancer, builds heart, calms nerves.

Cooking time approx. 1 hour

Calories p. portion: 223

4 portions

#### Quantity of ingredients:

Lily bulbs 1 table spoon / 5g. - cool - sweet, bitter.....	
Longane 1 table spoon / 5g. - warm - sweet .....	little
King Solomon's-seal 1 table spoon / 5g. - neutral - sweet, bitter .....	
Yam root, yam root tuber 1 table spoon / 5g. - neutral - sweet.....	
Coix (seeds) YiYi Ren 1 table spoon / 5g. - cool - sweet, neutral .....	yes
Rice wild (nature rice) 1 1/2 cups / 240g. - neutral - sweet, bitter .....	little
Water 8-10 cups / 800g. - cool - salty .....	yes

#### Cooking instructions:

Each one 1 tbsp: Bai He, Longan, Yu Zhu, Da Zao, Shan Yao, Lian Mi, Yi Yi Ren, Qian Shi

Add hot water and soak for about 30 minutes. Then add 1 - 2 cups of rice (normal) and simmer for 1/2 to 1 hour until the rice is very soft. Or: Cook for about 3 hours with the herbs a congee. Then the herbs do not have to be soaked.

### 3.2 Adzuki Bean and Rice Soup

Reduces moisture, directs down, reduces gastrointestinal heat, builds up essence, strengthens muscles after heat illness, builds up body fluids.

Cooking time approx. 2 hours

Calories p. portion: 199

1 portion

#### Quantity of ingredients:

Adzuki beans 8 table spoons / 40g. - neutral - sweet, sour .....yes  
Rice round grain 2 table spoons / 20g. - neutral - sweet ..... little  
Water 1 1/2 cups / 200g. - cool - salty.....yes  
Honey 1 table spoon / 8g. - cold - sweet.....yes

#### Cooking instructions:

Boil soaked adzuki beans and round grain rice in a ratio of 4: 1 in water until a thin pulp has formed. Sweet as needed; possibly puree.

Effect: This recipe strengthens kidney, spleen and stomach and is particularly suitable for mothers with too little milk flow.

### 3.3 Avocado dip guacamole

Keep the juices, pull together. Nourishes yin of heart, liver, kidney, lung and colon, moisturizes, distributes, cools heat. Tonifies Yang and Qi, dissolves mucus cold.

Cooking time approx. 5 Min.

Calories p. portion: 630

2 portions

Allergens: AG

#### Quantity of ingredients:

Avocado 1/2 piece / 120g. - cold - sweet ..... rec.  
Lemon juice 2 table spoons / 10g. - cold - sour..... rec.  
Salt 1 pinch / 1g. - cold - salty.....yes  
Basil (fresh) 8 leaves / 5g. - warm - acrid, bitter ..... little  
Fresh cheese 5/8 oz / 200g. - cool - sour..... rec.  
Pepper (ground) 1 pinch / 0,1g. - warm - acrid.....omit  
Chili (pod or ground) 1 pinch / 0,1g. - hot - acrid.....omit  
White bread (wheat bread) 6 slices / 160g. - cool - sweet.....yes

#### Cooking instructions:

Halve the avocado, remove the core. Remove the pulp. Add the lemon juice and add the basil leaves and puree. Salt, season with pepper and chili powder. Eat with white bread.

### 3.4 Avocado with lemon

Nourishes Yin from liver, lung and colon, moisturizes, distributes, cools heat, preserves fluids, contracts.

Cooking time approx. 5 min

Calories p. portion: 289

1 portion

#### Quantity of ingredients:

Avocado 1/2 piece / 120g. - cold - sweet ..... rec.

Lemon juice 1/2 piece / 10g. - cold - sour ..... rec.

Salt 1 pinch / 1g. - cold - salty.....yes

#### Cooking instructions:

Halve the avocado, remove the core, add the lemon juice, salt a little and eat with a spoon.

### 3.5 Baked chicory

Refreshing, brings the Qi down.

Cooking time approx. 20 min

Calories p. portion: 230

2 portions

Allergens: AG

#### Quantity of ingredients:

Chicory 4 pieces / 500g. - cool - sweet, bitter ..... rec.

Cream, sweet 30% 2 table spoons / 40g. - neutral - sweet .....yes

Breadcrumbs (wheat bread, bread roll) 2 table spoons / 20g. - cool - sweet, .....yes

Rice Basmati 1/2 cup / 60g. - neutral - sweet..... little

Water 3 cups / 300g. - cool - salty .....yes

Salt 1 pinch / 1g. - cold - salty.....yes

#### Cooking instructions:

Blanch chicory in hot water whole for about 5 minutes; place in a casserole dish; put some sweet cream over it; put the bread crumbs over the chicory and gratinate.

Place the rice in salted water, heat till it boils and let it simmer over low heat for about 15 minutes.

### 3.6 Basic recipe for a reissue soup (Congee)

Warms the stomach and spleen, harmonizes the intestine, forces Qi, reduces moisture.

Cooking time approx. 2-4 hours

Calories p. portion: 140

3 portions

#### Quantity of ingredients:

Rice variety any 1 cup / 120g. - warm - sweet ..... little

Water 6 cups / 700g. - cool - salty ..... yes

#### Cooking instructions:

Cook rice and water in a ratio of about 1: 6. The amount of water determines the thickness of the mash (matter of taste).

Put the rice in a saucepan with a heavy lid. It is important to simmer the rice after a short boil on the slightest flame, otherwise it burns.

Boil the rice for 2-4 hours. The longer it cooks, the more it strengthens.

If you want to eat the dish for breakfast, you can put the rice on just before bedtime.

To be on the safe side, you should first check the behavior of your pot and cooker under observation for a similar amount of time, so that nothing burns.

Refrigerate for later use.

### 3.7 Basic recipe for a vegetable soup, nutritious

Strengthens spleen and lung, regulates Qi flow, builds up Qi, dries out, passes downwardly, strengthens stomach Qi.

Cooking time approx. 2-3 hours

Calories p. portion: 48

5 portions

Allergens: L

#### Quantity of ingredients:

Olive oil 1 table spoon / 4g. - cool - sweet..... rec.

Onion white 1 piece / 60g. - warm - acrid.....omit

Carrot 3 pieces / 200g. - neutral - sweet ..... little

Parsnip 3/8 lbs - 6oz / 150g. - cool - bitter.....yes

Celery root 1/2 piece / 100g. - cool - sweet.....yes

Ginger fresh 1/2 teaspoon / 2g. - warm - acrid.....omit

Lemon 1/2 piece / 25g. - cold - sour .....	rec.
Juniper berry 6 pieces / 6g. - warm - sweet, acrid, bitter .....	little
Thyme dried 1 pinch / 1g. - warm - bitter .....	yes
Lovage 1 table spoon / 3g. - warm - acrid, bitter .....	omit
Lovage 1 table spoon / 3g. - warm - acrid, bitter .....	omit
Bay leaf 2 leaves / 1g. - warm - acrid.....	yes
Salt 1 pinch / 1g. - cold - salty.....	yes
Water 3 cups / 650g. - cool - salty .....	yes

### **Cooking instructions:**

Cut the vegetables into cubes.

Heat oil in hot pot, fry shortly onions and vegetables.

Add cold water, then add ginger, bay leaf and lemon juice.

Season with juniper, thyme and lovage. Cover for 2 - 3 hours on a low heat and simmer.

The used vegetables should be thrown away.

The basic recipe serves as a soup base and to refine vegetables, legumes or cereals.

If you want to eat vegetable soup immediately, add the desired vegetables half an hour before.

Refrigerate for later use.

## **3.8 Black root with yogurt**

Nourishes Yin, relaxes, builds up Qi, moisturizes dryness, preserves the fluids.

Cooking time approx. 20 min

Calories p. portion: 266

2 portions

Allergens: AG

### **Quantity of ingredients:**

Salsify 1 lbs / 400g. - cool - sweet .....

Yogurt (natural, 1.5% fat) 4 table spoons / 80g. - cool - sour .....

Salt 1 pinch / 1g. - cold - salty.....

Multi-grain bread (gray bread) 6 slices / 120g. - cool - sweet.....

### **Cooking instructions:**

Peel the salsify and simmer in salted water until tender. Pour away the water, cool the salsify and cut it to size. Cover with yoghurt and sprinkle with fresh herbs. Serve with the bread.

You can also use the salsify from the conserve.



### 3.9 Cardamom water

Warms the middle, dissolves stagnation, directs upwards. Tonifies the kidney-Yang, nourishes bones and tendons, warms kidneys and spleen, forces stomach, dissolves flatulence, contracts, controls excessive urination, helps with digestive weakness.

Cooking time approx. 20 min

Calories p. portion: 16

4 portions

#### Quantity of ingredients:

Cardamom 2 table spoons / 18g. - warm - acrid .....yes

Water 4 cup / 1000g. - cool - salty .....yes

#### Cooking instructions:

Finely crush cardamom pods in a mortar. Boil with 1 liter of water and cook gently for 10 minutes over medium heat. Fill cardamom water through a sieve in glasses and serve hot.

### 3.10 Celery salad with lemon and olive oil

Strengthens stomach Qi, moisturizes, relaxes, builds up Qi.

Cooking time approx. 10 min

Calories p. portion: 402

1 portion

Allergens: L

#### Quantity of ingredients:

Celery root 1/2 piece / 200g. - cool - sweet .....yes

Lemon juice 1/2 piece / 10g. - cold - sour ..... rec.

Olive oil 4 table spoons / 40g. - cool - sweet ..... rec.

#### Cooking instructions:

Peel celeriac and cut into pieces and rub. Serve with the lemon juice and olive oil.

### 3.11 Cottage cheese with steamed fruit

Moisturizes lungs, cools heat, reduces lung mucus, produces humors, moisturizes, relaxes, builds up Qi, spreads, preserves the fluids, contracts.

Cooking time approx. 20 min

Calories p. portion: 214

2 portions

Allergens: G

**Quantity of ingredients:**

Cottage cheese 3/4 lbs / 300g. - cool - sour.....yes  
Apple (sour) 1 piece / 100g. - cool - sour.....yes  
Pear 1 piece / 100g. - cool - sweet, sour.....rec.

**Cooking instructions:**

Wash apples and pears well, do not peel, and chop small. In a pot with steam filter, boil them al dente, remove and allow to cool down.  
Serve the cheese, spread the fruit on it.

**3.12 Cranberry juice**

Cools heart heat, nourishes heart blood and Yin.  
Cooking time approx. 5 min  
Calories p. portion: 43  
1 portion

**Quantity of ingredients:**

Cranberries 2 table spoons / 25g. - cool - sour .....yes  
Water 1 cup / 125g. - cool - salty .....yes  
Honey 1 table spoon / 10g. - cold - sweet.....yes

**Cooking instructions:**

Mix the cranberries with a little water with the blender to a pulp. Add the remaining water and sweeten with the honey.

**3.13 Cream cheese substitute**

Cools heat, keeps fluids, builds up blood and Yin.  
Cooking time approx. 20 min  
Calories p. portion: 526  
2 portions  
Allergens: AE

**Quantity of ingredients:**

Soybean milk 4 cup / 300g. - cool - sweet.....yes  
Lemon 1 piece / 50g. - cold - sour .....rec.

### **Cooking instructions:**

Heat the soy milk in a saucepan till it boils, stirring occasionally (gets burn easily!), Then allow to cool.

Squeeze out the lemon and stir gently under the cooled soy milk (approx. 80°C/176°F), let it approx. 20 min. rest or clot.

Pour chopped soy milk through a strainer lined with a dishcloth, allow liquid to drain and then squeeze out remaining liquid with the dishcloth.

Refine to taste with fresh herbs.

Serve with wholemeal bread.

## **3.14 Grape juice with hot water**

Cooking time approx. 5 min

Calories p. portion: 44

2 portions

### **Quantity of ingredients:**

Grape juice red 1 cup / 120g. - neutral - sweet, sour.....yes

Water 1 cup / 120g. - cool - salty .....yes

### **Cooking instructions:**

Add grape juice to hot water.

## **3.15 Legumes**

Strengthens spleen and liver, regulates Qi flow, moisturizes, relaxes, builds up Qi, spreads, nourishes blood and Qi, diuretic, harmonizes Qi (in the middle and lower heater), detoxifies, reduces internal heat and moisture.

Cooking time approx. 30 min

Calories p. portion: 31

5 portions

### **Quantity of ingredients:**

Pinto beans speckled 1/4 lbs - 4oz / 100g. - neutral - sweet .....yes

Lentils 1/8 lbs - 2oz / 50g. - neutral - sweet, sour.....yes

Peas, green 1/8 lbs - 2oz / 50g. - neutral - sweet.....yes

Water 4 cup / 1000g. - cool - salty .....yes

Lemon 1 slice / 2g. - cold - sour.....rec.

Juniper berry 6 pieces / 2g. - warm - sweet, acrid, bitter ..... little

Thyme 1 Twig / 3g. - warm - bitter ..... little

Rosemary 1 Twig / 3g. - warm - bitter..... little

Carrot 1 piece / 100g. - neutral - sweet..... little

Savory 1-2 teaspoons / 5g. - warm - bitter ..... rec.

Ginger fresh a great piece / 3g. - warm - acrid.....omit

Bay leaf 2-3 leaves / 1g. - warm - acrid.....yes

Wakame 1-2 strips / 1g. - cold - salty.....rec.

### **Cooking instructions:**

Legumes such as beans, lentils, peas or chickpeas are soaked in plenty of cold water for several hours to three days. The water should be changed every 8 hours. Then pour off soaking water and wash legumes thoroughly.

#### **Preparation:**

Cook the legumes with fresh cold water and a slice of ginger and bring to froth. Cook without lid for about 5 minutes, scooping off the foam. Only then add the following ingredients: a slice of lemon or lemon juice, crush juniper berries, thyme; (possibly 1 knife tip of asafoetida in case of severe indigestion). Add savory, sage, juniper, fenugreek seeds, carrots, bay leaves, fresh ginger, wakame algae.

Simmer on the slightest flame until beans or lentils have the desired consistency.

This base can be stored for 3-4 days in the refrigerator.

### **3.16 Marinated courgette with smoked tofu**

Cools heat, diuretic, cools blood, reduces mucus, lets Qi ascend, harmonizes spleen and stomach, relaxes, builds up Qi, spreads.

Cooking time approx. 30 min

Calories p. portion: 132

2 portions

Allergens: EL

#### **Quantity of ingredients:**

Zucchini 7/8 lbs / 400g. - cool - sweet.....yes  
Salt 1 pinch / 1g. - cold - salty.....yes  
Lemon juice 2 table spoons / 15g. - cold - sour..... rec.  
Basic recipe for a vegetable soup (nutritious) 3 table spoons / 30g. – neutral .....yes  
Olive oil 1 table spoon / 10g. - cool - sweet..... rec.  
Basil 2 table spoons / 10g. - warm - acrid, bitter ..... rec.  
Oregano fresh 1/2 teaspoon / 2g. - warm - bitter..... rec.  
Peppermint 1 teaspoon / 4g. - cool - acrid, bitter..... rec.  
Lemon peel 1/2 teaspoon / 2g. - cool - bitter.....yes  
Soy Tofu smoked 1/4 lbs - 4oz / 100g. - cool - sweet.....yes

#### **Cooking instructions:**

Preheat the oven to 200°C/392°F (circulating air 180°C/356°F).

Cover a baking tray with baking paper and place the zucchini next to each other. Cook zucchini in preheated oven for 5 minutes, turn over and cook for another 5-6 minutes.

Mix the lemon juice, vegetable stock and oil with the whisk. Stir in basil, oregano, mint, chopped capers and grated lemon peel. Season the marinade with salt.

Mix the hot zucchini with the marinade and let cool.

Arrange marinated zucchini with smoked tofu cubes.

### 3.17 Melanzani with olive oil and turmeric

Cools and moves blood, reduces external and internal wind, reduces internal heat, nourishes liver-Yin, cools heat, produces humors, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 30 min

Calories p. portion: 432

2 portions

Allergens: A

#### Quantity of ingredients:

Aubergine 2 pieces / 300g. - cool - sweet .....yes  
Olive oil 4 table spoons / 60g. - cool - sweet ..... rec.  
Tomato 4 pieces / 200g. - cold - sweet-sour ..... rec.  
Turmeric (yellow root) 1/2 teaspoon / 1g. - warm - bitter .....yes  
Ground 1 pinch / 1g. - warm - acrid ..... little  
Salt 1 pinch / 1g. - cold - salty .....yes  
White bread (wheat bread) 4 slices / 80g. - cool - sweet .....yes

#### Cooking instructions:

Cut the Melanzani into slices and spread them with the tomatoes on a baking tray. Sprinkle with olive oil and then with turmeric, caraway and salt. Bake them in the tube 20 min.

Serve with the white bread.

### 3.18 Olive oil with lemon juice

Moisturizes, relaxes, builds up Qi, spreads, cools heat, preserves the fluids, contracts.

Cooking time approx. 1 min

Calories p. portion: 93

1 portion

#### Quantity of ingredients:

Olive oil 1 table spoon / 10g. - cool - sweet ..... rec.  
Lemon juice 1 teaspoon / 4g. - cold - sour ..... rec.

**Cooking instructions:**

In case of acute constipation take 1 tablespoon of olive oil with lemon juice in the morning on an empty stomach.

**3.19 Pear compote**

Moisturizes lungs, reduces lung mucus, nourishes lungs Qi.

Cooking time approx. 20 min

Calories p. portion: 100

3 portions

**Quantity of ingredients:**

Water 1 1/2 cups / 240g. - cool - salty.....yes

Pear 4 pieces / 500g. - cool - sweet, sour ..... rec.

**Cooking instructions:**

Halve organic pears. Cores and skin can be used. Pear in the pot and add water. Simmer for up to 20 minutes until pears are tender.

**3.20 Pear juice**

Moisturizes lungs, reduces lung mucus, nourishes lungs Qi.

Cooking time approx. 5 min

Calories p. portion: 180

2 portions

**Quantity of ingredients:**

Pear 3 pieces / 600g. - cool - sweet, sour ..... rec.

**Cooking instructions:**

Peel pears thinly (vitamins under the skin) and core. Juice in the juicer.

**3.21 Potatoes with wild garlic-curd cheese**

Forces Qi, forces spleen, relieves inflammation, nourishes blood and Yi, forces Zang-organs, forces stomach and intestines, harmonizes Qi, relieves alcohol poisoning, moisturizes lungs, gets Qi moving.

Cooking time approx. 20 min

Calories p. portion: 254

2 portions

Allergens: G

### Quantity of ingredients:

Potato 3/4 lbs / 300g. - neutral - sweet .....yes  
Salt 1 pinch / 0,1g. - cold - salty.....yes  
Wild garlic (garlic spinach) 2 handful / 30g. - warm - sweet, little .....yes  
Curd cheese 20% 5/8 lbs - 8oz / 250g. - cool - sour.....yes  
Yogurt (natural, 1.5% fat) 2 table spoons / 20g. - cool - sour ..... rec.  
Salt 1 pinch / 1g. - cold - salty.....yes

### Cooking instructions:

Cook potatoes in salted water and peel.  
Wash the wild garlic leaves and carefully dried and cut into fine strips.  
Mix the cottage cheese, yogurt and salt and mix in the chopped wild garlic pieces. Serve with the potatoes.  
In the season in which no wild garlic grows the wild garlic pesto can be used.

## 3.22 Rice congee with honey pear and black sesame

Especially good in kidney Yin deficiency, moisturizes lungs, cools heat, reduces lung mucus, produces humors, moisturizes, relaxes, builds up Qi, spreads, moisturizes intestines, nourishes Yin.

Cooking time approx. 10 min - 3 hours

Calories p. portion: 158

2 portions

Allergens: N

### Quantity of ingredients:

Basic recipe for a rice soup (Congee) 1 1/2 cups / 240g. - neutral .....yes  
Pear 2 pieces / 300g. - cool - sweet, sour..... rec.

### Cooking instructions:

Cook rice congee according to basic recipe.  
Fill pot with 3 cm of water and heat till it boils. Quarter the pears (with the skin and seeds) and simmer them covered with black sesame for 10 minutes. Mix with the rice.

## 3.23 Rice congee with mung beans

Warms the stomach and spleen, harmonizes the intestine, forces Qi, reduces moisture, reduces heat, softens, passes downwardly, moisturizes, laxative, antiparasitic.

Cooking time approx. 2 hours

Calories p. portion: 424

2 portions

**Quantity of ingredients:**

Basic recipe for a rice soup (Congee) 4 cups / 500g. - neutral .....yes  
 Mung bean 1/2 cup / 50g. - cool - sweet, salty ..... rec.  
 Rapeseed oil 2 table spoons / 20g. - neutral - sweet.....yes

**Cooking instructions:**

Soak the mung beans the day before and strain. Cook the rice according to the basic recipe and cook the mung beans with the rice. Finally, add fresh herbs and a dash of high-quality cold-pressed oil.

**3.24 Roasted millet with Celery sticks**

Strengthens spleen and kidney, diuretic, brings the liver Qi in motion, cools heat, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 30 min

Calories p. portion: 400

2 portions

Allergens: L

**Quantity of ingredients:**

Millet 1 cup / 120g. - cool - sweet, salty .....yes  
 Water 1 1/2 cups / 240g. - cool - salty.....yes  
 Celery sticks 2 rods / 50g. - cool - sweet ..... rec.  
 Water 2 table spoons / 30g. - cool - salty .....yes  
 Salt 1 pinch / 1g. - cold - salty.....yes  
 Sage 3-4 leaves / 2g. - cool - bitter, spicy ..... rec.  
 Cress 1 teaspoon / 3g. - cool - sweet..... rec.

**Cooking instructions:**

Roast millet briefly, pour over water, heat till it boils and let stand for 20 min. to swell.

Cut celery into small pieces and mix with water, salt and fresh herbs and cook for 10 min. Add to the millet. Sprinkle fresh sage or watercress over it.

**3.25 Rosemary Potatoes**

Forces Qi, forces spleen, relieves inflammation, relaxes, builds up Qi, spreads.

Cooking time approx. 30 min

Calories p. portion: 188

2 portions



**Quantity of ingredients:**

Potato 6-8 pieces / 420g. - neutral - sweet.....yes  
 Olive oil 1 table spoon / 10g. - cool - sweet..... rec.  
 Rosemary 1 teaspoon / 2g. - warm - bitter..... little

**Cooking instructions:**

Cut the potatoes into half's, apply a little olive oil on the cut surface, then salt, sprinkle 2 - 3 rosemary needles on the potatoes.  
 Place the potatoes on the baking tray and bake them in the preheated oven for approx. 25 minutes to 190°C/374°F.

**3.26 Strawberry soup with melons**

Forces blood, cools blood, preserves the fluids, contracts, moisturizes, spreads, forces heart Yin.  
 Cooking time approx. 5 min  
 Calories p. portion: 87  
 2 portions

**Quantity of ingredients:**

Strawberries 3/4 lbs / 300g. - neutral - sweet, sour.....yes  
 Strawberry Juice 1/3 cup / 70g. - neutral - sweet, sour.....yes  
 Lemon peel 1/4 teaspoon / 1g. - cool - bitter.....yes

**Cooking instructions:**

Puree strawberries (fresh or frozen) and strawberry juice with the blender, mix in a little sugar.  
 Cut melon pulp into small pieces.  
 Arrange strawberry soup in portions. Put the melon cubes in the sweet soup.

**3.27 Tae from Dandelionroots**

Cools liver fire, reduces internal heat, softens knots.  
 Cooking time approx. 15 min  
 Calories p. portion: 1  
 2 portions

**Quantity of ingredients:**

Dandelion (young plants) 2-4 teaspoons / 6g. - cool - sweet, bitter..... rec.  
 Water 2 cup / 500g. - cool - salty.....yes

**Cooking instructions:**

The chopped dandelion is doused with cold water. Heat the whole thing until it boils and cook for a minute. Then let it rest for ten minutes, filter and enjoy ... Sweet to taste with honey.

**3.28 Tea from basil**

Dries out, passes downwardly.

Cooking time approx. 10 min

Calories p. portion: 0

4 portions

**Quantity of ingredients:**

Basil 1 teaspoon / 2g. - warm - acrid, bitter..... rec.

Water 2 cup / 500g. - cool - salty .....yes

**Cooking instructions:**

Heat the water till it boils and put it aside. Add basil and 10 min. to let go. Sweet to taste with honey.

**3.29 Tea from celery sticks**

Brings the Liver Qi in motion, cools heat, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 15 min

Calories p. portion: 1

4 portions

Allergens: L

**Quantity of ingredients:**

Celery sticks 2 table spoons (chopped) / 18g. - cool - sweet..... rec.

Water 2 cup / 500g. - cool - salty .....yes

**Cooking instructions:**

Heat the water till it boils and put it aside. Add cutted celery and cook for 10 min. to let go. Strain. Sweet to taste with honey.

### 3.30 Tea from mallow

Preserves the fluids, contracts, cools liver fire, forces stomach-Yin.  
Dissolves mucus of the pores of the heart.  
Cooking time approx. 10 min  
Calories p. portion: 0  
4 portions

#### Quantity of ingredients:

Mallow (*Malva sylvestris*) blossom tea 2 teabags / 4g. - cool - sour ..... rec.  
Water 2 cup / 500g. - cool - salty .....yes

#### Cooking instructions:

Heat the water till it boils and put it aside. Add mallow tee and 10 min. to let go. Sweet to taste with honey. Strain when pouring.

### 3.31 Tea from sage

Distributes mucus, passes downwardly, activates Wei Qi, forces Qi.  
Cooking time approx. 15 min  
Calories p. portion: 4  
4 portions

#### Quantity of ingredients:

Sage 2 teaspoons / 6g. - cool - bitter, spicy ..... rec.  
Water 2 cup / 500g. - cool - salty .....yes

#### Cooking instructions:

Heat the water till it boils and put it aside. Add sage and 10 min. to let go. Strain. Sweet to taste with honey.

### 3.32 Tea from savory

Tonifies the kidney-Yang, the stomach and spleen Qi and warms the middle, forces the liver Qi and the blood, conducts mucus and cold from the lungs, opens the surface, derives wind-cold.  
Cooking time approx. 10 min  
Calories p. portion: 1  
4 portions

#### Quantity of ingredients:

Savory 2-4 teaspoons / 9g. - warm - bitter ..... rec.  
Water 2 cup / 500g. - cool - salty .....yes

**Cooking instructions:**

Brew dried savory with boiling water and cover for about 10 minutes.  
Strain the tea and drink warm.

**3.33 Tea Green tea**

Reduces internal heat, dissolves mucus, detoxifies.

Cooking time approx. 10 min

Calories p. portion: 2

1 portion

**Quantity of ingredients:**

Green tea 1 teaspoon / 2g. - cool - sweet, bitter ..... rec.

Water 1 cup / 120g. - cool - salty .....yes

**Cooking instructions:**

For each cup you use a teaspoonful or a teabag.

Pour green tea only with 60 to 80 ° C / 140 to 176 °F hot water,  
otherwise it will be bitter.

If the tea has a stimulating effect, let it draw for two to three minutes. It  
has a calming effect for a duration of five minutes (no longer, otherwise  
it will be bitter!).

Another method: Pour the tea leaves with about 70 ° C / 158 °F hot  
water and pour the water immediately again. Then just pour hot water  
again. The bitter substances disappear, and the tea gets a milder  
aroma.

**3.34 Tsampa**

Reduces internal heat, dissolves mucus, detoxifies.

Cooking time approx. 5 min

Calories p. portion: 140

2 portions

Allergens: A

**Quantity of ingredients:**

Tsampa (roasted barley flour) 4 table spoons / 30g. - cold – sweet ..... yes

Green tea 1 cup / 120g. - cool - sweet, bitter ..... rec.

Water 1 cup / 120g. - cool - salty .....yes

**Cooking instructions:**

Tsampa is traditionally made with tea.

The Tsampa is poured into a bowl and doused with tea, part of which is drunk and the remainder made into a dough-like mass with Tsampa.

You can also pour the tea first; In any case, it takes some skill to achieve the right balance of Tsampa and liquid. The two substances are usually mixed with your fingers. It is recommended to add yak butter to improve taste and stability.

**3.35 Wheat fresh grain porridge with pears.**

Moisturizes lungs, cools heat, reduces lung mucus, nourishes Yin from heart and kidney, forces heart and kidney, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 25 min

Calories p. portion: 309

2 portions

Allergens: ANO

**Quantity of ingredients:**

Wheat 1 cup / 100g. - cool - sweet .....	rec.
Water 2-4 cups / 350g. - cool - salty .....	yes
Pear 2 pieces / 300g. - cool - sweet, sour .....	rec.
Raisins 1 table spoon / 10g. - warm - sweet .....	little
Sesame, white 1 table spoon / 8g. - neutral - sweet.....	yes
Sunflower seeds 1 table spoon / 8g. - neutral - sweet.....	yes
Cardamom 1 pinch / 0,3g. - warm - acrid.....	yes
Salt 1 pinch / 0,3g. - cold - salty.....	yes

**Cooking instructions:**

Preparation the night before: Wheat roughly cut; soak overnight.

In the morning: Put the wheat meal with a little hot water; simmer with stirring for about 15 minutes.

Meanwhile, add pear compote, raisins, crushed sesame, sunflower seeds, some ground cardamom, a small pinch of salt.

Variants: with grated apple or seasonal fruit.

## 4 Effects of food

### 4.1 Use ingredients: recommendable

Agar agar (kelp)	Mung bean
Apple juice (natural cloudy)	Olive oil
Avocado	Oregano dried
Barley	Oysters
Barley not peeled	Pear
Basil	Pearl barley
Batavia	Peppermint
Buckwheat	Radicchio
Calamari	Reishi mushroom
Cantaloupe	Rucola
Celery sticks	Sage
Champignon	Savory
Chicory	Sesame, black
Cress	Tomato
Cucumber	Tomato dried
Dandelion (young plants)	Tomato juice
Duck (slaughtered)	Tomato paste
Endive salad	Tomato puree
Fennel	Tsampa (roasted barley flour)
Fresh cheese	Wakame
Fruit tea	Watermelon
Green tea	Wheat
Hawthorn	Wheat flakes
Hawthorn marmalade	Wheat germ oil
Kombu seaweed ( <i>Saccharina japonica</i> )	Wheat semolina
Leaf salads (bitter)	Wheat semolina for children
Lemon	Wheatgrass juice
Lemon juice	Yogurt (natural, 1.5% fat)
Lettuce	Yogurt (natural, 3.5% fat)
Mallow ( <i>Malva sylvestris</i> ) blossom tea	

### 4.2 Use ingredients: yes

Adzuki beans	Bay leaf
Amaranth	Bitter melon
Apple (sour)	Black beans
Apple (sweet)	Blackberry's
Arrowroot	Black-eyed peas
Artichoke	Blueberry
Asparagus (green or white)	Blueberry juice
Aubergine	Boletus mushroom
Balm	Borage
Bamboo shoots	Breadcrumbs (wheat bread, bread roll)
Banana	Broad beans (thick beans)
Banana (cooking banana)	Broccoli
Basic recipe for a duck soup	Brussels sprouts
Basic recipe for a rice soup (Congee)	Bulgur (cereals)
Basic recipe for a vegetable soup (nutritious)	Burdock root tea
	Buttermilk

Carambola (Star fruit)	Lamb's lettuce
Carp	Lemon peel
Cashews	Lentils
Cauliflower	Lentils black
Caviar	Lentils red
Celery root	Lentils yellow
Chanterelle	Lime
Chard	Lychee
Chicken egg	Lychee in Preserved
Chickpeas	Malt
Chinese cabbage	Mango
Chlorella (fresh water)	mango powder
Clementines	Maple syrup
Coconut flakes	Margarine
Coconut grated	Margarine (diet)
Coix (seeds) YiYi Ren	Millet
Corn	Millet flakes
Cottage cheese	Miso paste (soy bean paste)
Couscous	Morel (black, dried)
Crab	Morel, dried
Cranberry	Mulberry fruit
Cranberry juice	Mullet
Cream, sweet 30%	Multi-grain bread (gray bread)
Curd cheese 20%	Mung bean sprouting
Curd cheese 40%	Mussels
Currant (black)	Octopus
Currant (red)	Olives
Currant (white)	Orange
Dandelion juice	Orange juice
Dandelionroots tea	Parsnip
Duck (heart)	Peanut oil
Elderberry blossom tee	Peanuts
Fig	Pear juice
Fig dried	Peas
Fish pieces mixed (fresh water)	Peas, green
Freshwater fish	Pigeon
Gooseberry	Pine nuts
Gourd	Pineapple
Grape juice red	Pineapple juice without sugar
Grape juice white	Pinto beans speckled
Grapefruit (Pomelo)	Pistachios
Grapefruit juice	Plum
Grapes red	Potato
Grapes white	Pumpkin seeds
Ground caraway	Quail
Hazelnuts	Quail egg
Herbs different varieties	Quince
Herbs various	Quinoa
Honey	Radish black
Iceberg lettuce	Rapeseed oil
Kefir	Raspberry
Kidney beans (red)	Raspberry dried (immature)
Kiwi	Red beet
Lady's mantle	Red cabbage

Rhubarb  
Rice long grain rice  
Rice noodles  
Romaine lettuce / lettuce salad  
Rye  
Rye flour  
Saffron  
Salmon  
Salsify  
Salt  
Sauerkraut (cutted cabbage fermented)  
Seacrab  
Sesame oil  
Sesame paste (Tahini)  
Sesame, white  
Shiitake, dried  
Sorrel  
Sour cherries  
Soy cream  
Soy flour  
Soy noodles  
Soy sauce  
Soy Tofu  
Soy Tofu smoked  
Soybean milk  
Soybeans  
Soybeans, black  
Soybeans, blacks, fermented  
Soybeans, yellow

Spelled (Dark) bread  
Spelled grain  
Spelled semolina  
Spelled wholemeal flour  
Spinach  
Strawberries  
Strawberry Juice  
Sunflower oil  
Sunflower seeds  
Sweet potato  
Tangerine  
Tarragon (Estragon)  
Trout  
Turmeric (yellow root)  
Vanilla  
Vanilla powder  
Vegetable juice  
Water  
Water hot  
Wheat beer  
Wheat bran  
Wheat bulgur  
Wheat flour  
White beans  
White bread (wheat bread)  
Wild garlic (garlic spinach)  
Yarrow tea  
Zucchini

### 4.3 Use ingredients: little

Almond marzipan  
Almond milk  
Almond puree  
Aloe juice  
Apricot  
Apricots  
Basil (fresh)  
Black caraway  
Boxhorn clover seeds  
Carrot  
Carrot (Early Carrot)  
Carrot juice without sugar  
Cereal coffee  
Chestnuts  
Coconut milk  
Corn Grease (Polenta)  
Dates dried  
Feta cheese  
French beans  
Grass carp  
Ground  
Hyssop

Juniper berry  
Lamb bones  
Lamb meat  
Lamb shoulder  
Longane  
Oat flour  
Oat meal  
Okra  
Oyster mushroom  
Papaya  
Parsley  
Pepper powder (hot)  
Peppers  
Peppers (rose peppers)  
Peppers powder  
Pineapple (from a can)  
Poppy  
Pumpkin  
Pumpkin seed oil  
Radish horseradish  
Raisins  
Rice (whole grain)



Rice Basmati  
Rice black  
Rice flour  
Rice malt  
Rice red  
Rice round grain  
Rice sweet

Rice variety any  
Rice wild (nature rice)  
Rosemary  
Sago (cereals)  
Soybean oil  
Thyme  
Walnuts

#### 4.4 Do not use contra-acting foods

Anchovy / Sardine  
Anise (Common Fennel)  
Bean oil  
Beef bone marrow  
Beef fillet  
Beef heart  
Beef kidney  
Beef liver  
Beef lungs (calf)  
Beef meat  
Beef meat (calf)  
Beef meatbones  
Beef stomach  
Beer (Pils)  
Beer (Top-fermented German dark beer)  
Black tea  
Buckwheat (roasted) Kasha  
Butter organic  
Cherry  
Cherry juice  
Chicken heart  
Chicken liver  
Chicken meat  
Chicken stomach  
Chili (pod or ground)  
Chives  
Chocolate  
Cinnamon ground  
Cinnamon sticks  
Clove  
Cocoa  
Coconut fat  
Cod  
Coffee  
Coriander  
Cow's milk (1.5% fat)  
Cow's milk (whole milk 3.5% fat)  
Cumin (Caraway seed)  
Curry  
Curry paste red  
Deer meat  
Deer meat  
Dill

Eel  
Eel smoked  
Fennel tea  
Garlic  
Ginger fresh  
Ginger powder  
Goat  
Goat and sheep's milk  
Goat cheese  
Goose  
Goose egg  
Goose parts  
Green spelt  
Herring  
Kohlrabi  
Kumquats  
Leek  
Lobster  
Lovage  
Mackerel  
Marjoram  
Mediterranean fish (cod, plaice, haddock, sea Mold cheese  
Mozzarella  
Mustard seeds  
Mutton  
Mutton  
Nutmeg  
Oat  
Oat flakes (whole grain)  
Oat flakes roasted  
Oat fusion (baby food)  
Onion (shallot)  
Onion (spring onion)  
Onion read  
Onion white  
Parmesan  
Peaches  
Peaches (canned)  
Pepper (ground)  
Pepper Cayenne  
Pepper white (ground)  
Peppercorns  
Perch

Pheasant  
Pimento  
Plaice  
Pomegranate  
Pork heart  
Pork knuckle  
Pork liver  
Pork meat  
Pork skin  
Pork stomach  
Rabbit  
Rabbit liver  
Rabbit meat  
Radish  
Radish (white, green, purple-red)  
Red wine  
Rose hip tea  
Sake  
Shark  
Shrimp  
Sour cream (Schmand) 30% fat

Sour cream 15% fat  
Sour milk  
Sour milk cheese 20%  
Spiny lobsters  
Star anise  
Sugar brown  
Sugar candy white  
Sugar cane sugar  
Sugar fructose - fruit sugar  
Sugar glucose - grapes sugar  
Sugar Milk Sugar  
Sugar white  
Tuna  
Turkey breast meat  
Turnips  
Umeboshi plums (Japanese apricots)  
Vinegar (Apple vinegar)  
White wine  
Wild boar meat  
Yogi tea

## 5 Complementary

### 5.1 Reishi

Ganoderma lucidum

Preparation: Different effects

Calms and nourishes the heart. Tonifies Qi and Xue, nourishes the blood.

Induces heat and mucus.

Astringent.

Dosage: As an addition to tea, cocoa or coffee. As capsules, extract, powder or whole mushroom.

### 5.2 Thujas or cedars leaves

Cacumen Biotae

Preparation: Different effects

Cools blood. Clears heat and toxins. Induces mucus-heat. Moves blood.

Regulates uterus.

Dosage: 10-15 g

Note: For bleeding use external application.

## 5.3 Turmeric root

Curcuma longa, rhiz.

Preparation: Different effects

Moves blood, moves qi down, destroys wind-moisture. Clarifying the heat of the heart, opening the pores of the heart.

Note: Do not use in case of liver- or bile inflammation or pregnancy.

## 6 Other dietic-books

The following syndromes of dietetics, TCM or for a therapy supplement for cancer are available.

### Dietetics

E001. Nutrition of the infant - baby food

E002. Nutrition during lactation

E003. Nutrition in old age

E004. Nutrition of children and adolescents

E005. Nutrition of athletes

E006. Light weight

E007. Pregnancy

E008. Full food

### **Protein and electrolyte - kidneys**

E009. (hemodialysis) dialysis treatment

E010. Acute renal failure

E011. Chronic renal insufficiency

E012. Nephrotic syndrome

E013. Kidney stones (nephrolithiasis)

### **Gastrointestinal tract - pancreas**

E014. Acute pancreatitis (inflammation of the pancreas)

E015. Chronic pancreatitis (inflammation of the pancreas)

### **Gastrointestinal tract - small intestine and large intestine**

E016. Acute obstipation (constipation)

E017. Chronic obstipation (constipation)

E018. Colon irritable

E019. Diverticulitis

E020. Acquired lactose intolerance (lactose malabsorption)

E021. Fructose malabsorption

E022. Glutensensitive enteropathy (celiac disease)

E023. Colectomy

E024. Short Bowel Syndrome

### **Gastrointestinal tract - liver, gallbladder, bile ducts**

E025. Acute and chronic hepatitis (inflammation of the liver)

E026. Cholelithiasis (bile stones)

E027. fatty liver

E028. cirrhosis

### **Gastrointestinal tract - Stomach and duodenal intestine**

- E029. Acute gastritis
- E030. Chronic gastritis
- E031. Stomach bleeding
- E032. Ulcus ventriculi and duodenal ulcer
- E033. Condition after gastric surgery

### **Gastrointestinal tract - oral cavity and esophagus**

- E034. Stomatitis
- E035. Esophageal carcinoma (esophageal cancer)
- E036. Refluosophagitis (heartburn)

### **Special diseases**

- E037. Phenylketonuria (PKU)
- E038. Rheumatic joint diseases
  
- E039. **Metabolism** Obesity (overweight)
- E040. Diabetes mellitus
- E041. Eating disorders (underweight)

### **Fat metabolism**

- E042. Hypercholesterolaemia (increased cholesterol level)
- E043. Hepatic Encephalopathy

### **Heart and circulation**

- E044. Arteriosclerosis (arterial calcification)
- E045. Heart insufficiency
- E046. Hypertension
- E047. Hyperuricaemia and gout
  
- E048. **Changed nutrient requirements** In case of fever
- E049. For malignant diseases
- E050. After burns
- E051. Radiation and chemotherapy

- E100. **CANCER** Pancreatic cancer
- E101. Bladder cancer
- E102. Blood cancer (leukemia)
- E103. Breast cancer
- E104. Colorectal cancer
- E105. Gastric cancer
- E106. Kidney cancer
- E107. Esophageal cancer

- E200. **TCM** Bladder - moisture heat in the bladder Bladder - moisture and cold in the bladder  
Bladder - emptiness and cold in the bladder
- E201. Large intestine - external cold affects the large intestine Large intestine - moisture heat  
in the large intestine
- E202. Large intestine - heat blocks the intestine II acute
- E203. Large intestine - dryness of the colon
- E204. Large intestine - Yang deficiency (cold)

- E205. Heart - Blood insufficiency
- E206. Heart - Blood stagnation
- E207. Heart - Fire
- E208. Heart - Hot mucus clogs the heart pores
- E209. Heart - Cold mucus clogs the heart pores
- E210. Heart - Qi deficiency
- E211. Heart - Yang deficiency
- E212. Heart - Yin deficiency
- E213. Liver - Ascending Liver Yang
- E214. Liver - Blood deficiency
- E215. Liver - Blood stagnation
- E216. Liver - Moisture heat in liver and gall bladder Liver - Fire
- E217. Liver - Gall bladder Qi-Empty Liver - Cold in the liver meridian
- E218. Liver - Qi stagnation Liver - Wind Liver - Wind with ascending liver Yang
- E219. Liver - Wind with blood anemic
- E220. Liver - Wind with extreme heat
- E221. Lung - Qi deficiency Lung - Mucus-moisture in the lungs
- E222. Lung - Mucus-heat in the lungs
- E223. Lung - Mucus-cold in the lungs
- E224. Lung - Dryness of the lungs
- E225. Lung - Wind-heat attacks the lungs
- E226. Lung - Wind-cold affects the lungs
- E227. Lung - Yin deficiency
- E228. Stomach - Bloodstagnation Stomach - Fire
- E229. Stomach - Cold with liquid
- E230. Stomach - Nutrition stagnation
- E231. Stomach - Qi deficiency
- E232. Stomach - Rebellious Qi
- E233. Stomach - Yin Emptiness
- E234. Spleen - Heat and moisture attack the spleen
- E235. Spleen - Coldness and moisture affects the spleen
- E236. Spleen - Qi deficiency
- E237. Spleen - Qi deficiency + Declining spleen Qi
- E238. Spleen - Qi deficiency + spleen does not control the blood
- E239. Spleen - Yang deficiency
- E240. Kidney - Heart and kidney no longer communicate
- E241. Kidney - Jing deficiency
- E242. Kidney - Kidneys cannot receive the Qi
- E243. Kidney - Qi is not stable
- E244. Kidney - Yang deficiency
- E245. Kidney - Yin deficiency

All recipe and grocery lists can also be ordered from me as a combination of several diseases. I wish all readers good luck, health and happiness in life.

More information can be found at [www.ebns.at](http://www.ebns.at).

Volunteer: [www.krebsinfo.at](http://www.krebsinfo.at)

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