

Diet recommendations during TCM - Heart - Cold 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

Avoid moisture and mucus and then transform and drain. Calm the mind and anchor Shen. (Diet can only prevent new moisture from developing - these are serious medical conditions that require medical attention.)

2 Avoid

Coffee, red wine, alcohol, beer, spicy and salty food, smoked, grilled, fried, fat, dairy products, all sweetness, chocolate, cocoa, soft drinks, raw food.

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: 213

4 portions

Allergens:

Quantity of ingredients

Lily bulbs	1 table spoon / 5g.	() - cool - sweet, bitter	*
Longane	1 table spoon / 5g.	(yes) - warm - sweet	*
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.	(yes) - cool - sweet, neutral	*
Rice wild (nature rice)	1 1/2 cups / 240g.	(yes) - neutral - sweet, bitter	metal
Water	8-10 cups / 800g.	(yes) - cool - salty	earth

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 portions

Allergens:

Quantity of ingredients

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

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 Barley soup

Works neutral to slightly warming and relaxes the Qi flow. Helps with loss of appetite and diarrhea due to spleen weakness. With weak spleen qi, one should often eat salty soups for breakfast.

Cooking time approx. 25 min

Calories p. portion: 265

2 portions

Allergens: A

Quantity of ingredients

Barley 1 cup / 120g. (rec.) - cool - sweet, little salty earth
Salt 1 pinch / 1g. (little) - cold - salty water
Ginger fresh 1/2 teaspoon / 1g. (rec.) - warm - acrid..... metal
Olive oil 1 table spoon / 10g. (yes) - cool - sweet..... earth
Parsley 3 table spoons / 30g. () - warm - bitter..... wood
Water 1 1/2 cups / 240g. (yes) - cool - salty earth

Cooking instructions:

Roast the barley in the pan, then grind it to the ground, and boil with water, some salt and ginger to a mash. Before serving add oil and parsley.

Variant: You can add a better taste to the dish if you cook it with prepared vegetable or meat broth.

3.4 Barley water

Moisturizes the lungs and large intestine, forces spleen, cools bladder, moisturizes intestines, relaxes, builds up Qi, spreads, forces spleen, passes downwardly.

Cooking time approx. 2 hours

Calories p. portion: 44

10 portions

Allergens: A

Quantity of ingredients

Barley 1/4 lbs - 4oz / 100g. (rec.) - cool - sweet, little salty earth
Water 8 cup - 1/2 1 Gallone / 1900g. (yes) - cool - salty earth
Lemon peel 1 knife tip / 1g. (rec.) - cool - bitter fire
Cinnamon ground 1 pinch / 1g. (rec.) - hot - acrid, sweet..... *
Fig 4-5 pieces / 100g. (yes) - warm - sweet earth
Ginger fresh 1 pinch / 1g. (rec.) - warm - acrid..... metal
Clove 1 piece / 0,5g. (yes) - warm - acrid..... metal
Salt 1 pinch / 1g. (little) - cold - salty water
Cocoa 1 pinch / 1g. () - warm - sweet, bitter..... fire

Cooking instructions:

Give the barley in a pot of 2 l. water and let it swell for 5 hours. Then heat the barley, add the fig, cinnamon, clove, ginger and salt. Simmer for 2 hours and strain the hot barley water. Add the grated lemon peel and cocoa.

3.5 Basic recipe for a chicken broth worming

Strengthens Qi and blood, is very warm.

Cooking time approx. 2-3 hours

Calories p. portion: 90

9 portions

Allergens: L

Quantity of ingredients

Chicken meat 1/2 piece / 600g. (rec.) - warm - sweet wood
Carrot 2 pieces / 150g. (rec.) - neutral - sweet earth
Leek 1 stick / 45g. (rec.) - warm - acrid metal
Celery root 1 piece / 500g. (rec.) - cool - sweet earth
Ginger fresh 2 slices / 2g. (rec.) - warm - acrid metal
Juniper berry 1 teaspoon / 3g. () - warm - sweet, acrid, bitter fire
Bay leaf 3 pieces / 2g. () - warm - acrid..... *
Water 4 cup / 900g. (yes) - cool - salty earth

Cooking instructions:

Remove chicken parts from fat. Place chicken pieces in a saucepan with hot water and heat till it boils briefly, skimming any resulting foam. Add coarsely chopped vegetables and all spices and cook over medium heat for 2 to 3 hours. Strain the finished soup. Throw away vegetables and bones.

Tip: If you want to use the meat as a soup insert, take out after 45 minutes and return only the bones in the soup.

Refrigerate for later use.

3.6 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

Allergens:

Quantity of ingredients

Cardamom 2 table spoons / 18g. () - warm - acrid *

Water 4 cup / 1000g. (yes) - cool - salty..... earth

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.

3.7 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 portions

Allergens: L

Quantity of ingredients

Celery root 1/2 piece / 200g. (rec.) - cool - sweet..... earth

Lemon juice 1/2 piece / 10g. () - cold - sour wood

Olive oil 4 table spoons / 40g. (yes) - cool - sweet earth

Cooking instructions:

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

3.8 Celery soup

Refreshing, builds up fluids and Qi.

Cooking time approx. 45 min
Calories p. portion: 101
4 portions
Allergens: ACGL

Quantity of ingredients

Water 2 cup / 500g. (yes) - cool - salty.....earth
Butter organic 1 table spoon / 15g. (yes) - neutral - sweet.....earth
Nutmeg 1 pinch / 1g. () - warm - acrid.....metal
Salt 1 pinch / 1g. (little) - cold - saltywater
Spelled wholemeal flour 2-3 teaspoons / 25g. (yes) - neutral - sweet.....wood
Celery root 1 piece / 500g. (rec.) - cool - sweet.....earth
Chicken egg 1 piece / 55g. (yes) - neutral - sweet.....earth
Cream sour 10% 2 table spoons / 25g. () - neutral - sweet.....earth
Celery sticks 2 table spoons / 20g. (yes) - cool - sweet.....earth
Pepper (ground) 1 pinch / 0,5g. () - warm - acridmetal

Cooking instructions:

In a hot saucepan, melt 1 tbsp butter; add a pinch of nutmeg, a pinch of salt, 1/2 cup wholegrain spelled flour (finely ground as fresh as possible) and stir to a sweat while stirring; add 1/2 liter of hot water gradually; add 1 large finely chopped celery tuber; cook for about 35 minutes and then puree; mix 1 egg yolk with 1 cup of cream; in the hot - no longer boiling! - soup vigorously; add some celery leaves finely chopped; with pepper, salt to taste.

3.9 Cereal fruit pulp

Forces Qi.
Cooking time approx. 10 min
Calories p. portion: 175
1 portions
Allergens: A

Quantity of ingredients

Oat flakes (whole grain) 1/2 oz / 20g. (rec.) - warm - sweet.....metal
Water 3,5 oz / 90g. (yes) - cool - salty.....earth
Apple juice (natural cloudy) 1/4 lbs - 4oz / 100g. (yes) - cool - sweetearth
Rapeseed oil 1/8 oz / 5g. (yes) - neutral - sweet.....earth

Cooking instructions:

Heat the water till it boils the add the cereals. Instant flakes you only

need to mix with hot water. Stir fruit juice or puree and grease. The fresh fruit (for example, apples, pears, peaches) can be raw or kneaded. Frozen fruit or industrially produced fruit jars without added sugar are also suitable. Bananas should be mixed with less sweet fruit.

3.10 Champignon rice

Strengthens spleen, builds up Qi, directs heat down, strengthens stomach Qi, cools blood heat.

Cooking time approx. 30 min

Calories p. portion: 410

2 portions

Allergens: L

Quantity of ingredients

Onion white	1 piece / 50g. (yes)	- warm - acridmetal
Bay leaf	2 pieces / 1g. ()	- warm - acrid*
Clove	2 pieces / 1g. (yes)	- warm - acridmetal
Basic recipe for a vegetable soup (nutritious)	7/8 lbs / 350g. (rec.)	- neutral - **
Rice (whole grain)	5/8 oz / 200g. (yes)	- warm - sweetmetal
Champignon	1/8 lbs - 2oz / 60g. (yes)	- cool - sweet earth
Parsley	1/2 oz / 20g. ()	- warm - bitterwood
Pepper (ground)	1 pinch / 0,2g. ()	- warm - acridmetal

Cooking instructions:

Plug in the cloves in the onion. Heat the vegetable stock with the onion and the bay leaves till it boils. Add the rice to the boiling liquid, reduce the temperature to the lowest level and stir with the lid closed for 20-25 minutes.

In the meantime, wash the mushrooms, clean them, slice them, sauté briefly with a little water or sauté. Wash the parsley and chop finely.

Remove the onion from the rice, add the mushrooms and the parsley, season with pepper.

3.11 Chicken soup with green spelt, parsley and sake

Forces Qi and blood, is very warming, nourishes liver-blood, preserves the fluids, contracts, scatters and move

Qi, moisturizes, reduces cold-evil, softens knots.

Cooking time approx. 1 1/2 hours

Calories p. portion: 150

2 portions

Allergens: AL

Quantity of ingredients

Basic recipe for a chicken soup (warming) 2 cup / 500g. (rec.) - warm - * *

Green spelt 4 table spoons / 30g. (rec.) - warm - sour wood

Parsley 2 table spoons / 14g. () - warm - bitter..... wood

Sake 1 dash / 2g. () - warm - sweet, bitter, acrid..... metal

Cooking instructions:

Cook the chicken broth according to the basic recipe. Add the ingredients in the soup and simmer 10 min.

3.12 Chicken with white turnips on rice

Forces Qi, blood and Jing, middle heater, builds up spleen and stomach, nourishes Qi. Rice harmonizes the intestine.

Cooking time approx. 45 min

Calories p. portion: 324

4 portions

Allergens: GL

Quantity of ingredients

Butter organic 2 table spoons / 20g. (yes) - neutral - sweet earth

Olive oil 2 table spoons / 20g. (yes) - cool - sweet earth

Onion white 1 piece / 60g. (yes) - warm - acrid metal

Turnips 4 pieces / 200g. () - cool - bitter..... earth

Garlic 2 pieces / 3g. () - hot - acrid metal

Basic recipe for a chicken soup (warming) 1 cup / 100g. (rec.) - warm - * *

Parsley 3 table spoons / 15g. () - warm - bitter..... wood

Salt 1 pinch / 1g. (little) - cold - salty water

Olive oil 1 teaspoon / 4g. (yes) - cool - sweet..... earth

Chicken meat 7/8 lbs / 400g. (rec.) - warm - sweet..... wood

Water 6 cups / 400g. (yes) - cool - salty..... earth

Rice Basmati 1 cup / 120g. (yes) - neutral - sweet..... metal

Cooking instructions:

In a heavy pot, heat the butter and the oil at low temperature. Add the onion, stir and simmer for about 20 minutes on very low heat until soft and golden brown. Add the chopped beets and the chopped garlic cloves and stir well.

Add the chicken broth or water, add some salt and heat till it boils. Reduce the heat, put on the lid and simmer the beets for about 20

minutes. Look in between if there is still enough liquid in the pot, and if necessary, pour in a few tablespoons of chicken stock. At the end there should be very little liquid in the pot. Remove the lid and allow the remaining liquid to evaporate, stirring constantly.

In the meantime roast the finely chopped chicken pieces in a frying pan with a little oil. Finally, sprinkle with a little chilly and fry for another minute while constantly turning.

Serve the pieces of chicken, turnips and rice on the plates, spread the sauce over them and sprinkle with parsley immediately.

Cook the rice in the ratio of 6 cups of water: 1 cup of rice.

Small, fresh, untreated beets do not need to be peeled. Otherwise, peel beets and place in hot water for 10 minutes. This makes them easier to digest and lose some of their sharp, pungent odor. White turnips are rich in vitamin C, potassium and folic acid.

3.13 Compote from cherries

Moisturizes liver and kidney, forces middle, reduces blood congestion, reduces internal heat, warms the stomach and spleen, promotes blood circulation and conduction flow, relieves cold-sickness and pain.

Cooking time approx. 10 min

Calories p. portion: 32

2 portions

Allergens:

Quantity of ingredients

Cherry 1/4 lbs - 4oz / 100g. (rec.) - warm - sweet, sourearth

Water 1 1/2 cups / 240g. (yes) - cool - saltyearth

Cinnamon ground 1 pinch / 0,2g. (rec.) - hot - acrid, sweet..... *

Cooking instructions:

Cook the cherries in the water until soft. Sprinkle with a little cinnamon.

3.14 Fruit soup with cherries, logane and lycii

Strengthens blood and fluids, regulates Qi, produces humors, calms the mind, forces Qi, supports skin regeneration, forces spleen, builds up lung, builds up heart, calms nerves, moisturizes liver and kidney,

reduces internal heat.
Cooking time approx. 10 min
Calories p. portion: 190
2 portions
Allergens:

Quantity of ingredients

Cherry 1/4 lbs - 4oz / 100g. (rec.) - warm - sweet, sourearth
Longane 1/4 lbs - 4oz / 100g. (yes) - warm - sweet *
Lychee 1/4 lbs - 4oz / 100g. (yes) - neutral - sweet, sour..... *
Lemon juice 2 cup / 10g. () - cold - sour..... wood
Cherry juice 1/2 cup / 125g. (yes) - warm - sour wood
Sugar cane sugar 2 table spoons / 20g. (yes) - cool - sweet.....earth
Rice starch 1/8 oz / 5g. () - neutral - sweet..... metal
Water 1 cup / 250g. (yes) - cool - salty.....earth
Acerola fruit nectar or powder 1 teaspoon / 2g. () - warm - sour wood

Cooking instructions:

Wash the cherries, drain and stone, peel and core the Lychee and Logane. Boil water, sugar, fruits and lemon juice. Stir the starch until smooth with water. Pour into the fruit with stirring, bring to the boil for 1 min and allow to cool. Stir in the acerola.

3.15 Grated carrots with apple

Strengthens spleen and liver, regulates Qi flow, moisturizes, relaxes, builds up Qi, spreads, nourishes fluids, reduces stomach heat, forces spleen, produces essence, harmonizes stomach, cools heat, preserves the fluids, contracts.

Cooking time approx. 10 min
Calories p. portion: 74
1 portions
Allergens:

Quantity of ingredients

Carrot 1/4 lbs - 4oz / 100g. (rec.) - neutral - sweet.....earth
Apple (sweet) 1 piece / 50g. (yes) - cool - sweet, sour.....earth
Lemon juice 2 teaspoons / 3g. () - cold - sour wood
Sugar substitute (sweetener) 1g. Or 0,034oz / 1g. () - cool - sweet *

Cooking instructions:

Mix lemon juice with sweetener. Grate the washed, thinly peeled carrots and the apple piece into the sauce and mix.

3.16 Grilled tofu with rice noodles, spinach and sugar snaps

Strengthens blood and fluids, lets Qi ascend, harmonizes spleen and stomach, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 30 min

Calories p. portion: 327

4 portions

Allergens: E

Quantity of ingredients

Sake 1/3 cup / 85g. () - warm - sweet, bitter, acrid..... metal
Sugar cane sugar 1 table spoon / 7g. (yes) - cool - sweet earth
Garlic 5 cloves / 7g. () - hot - acrid metal
Onion (spring onion) 3 pieces / 60g. (yes) - warm - acrid..... metal
Ginger fresh 1 inch / 5g. (rec.) - warm - acrid..... metal
Rapeseed oil 2 table spoons / 20g. (yes) - neutral - sweet..... earth
Spinach 2 handful / 30g. (yes) - cool - sweet, rough earth
Peas, green 7/8 lbs / 400g. (yes) - neutral - sweet..... water
Water 1 table spoon / g. (yes) - cool - salty..... earth
Rice noodles 1 package / 250g. (yes) - neutral - sweet..... metal
Water 4 cup / g. (yes) - cool - salty..... earth
Basil 1 table spoon / 3g. () - warm - acrid, bitter..... fire
Soy Tofu 1,1 lbs / 500g. (yes) - cool - sweet earth

Cooking instructions:

In a medium bowl mix together: Tamari souce, rice wine, sugar, crushed garlic, spring onion, grated ginger, chopped basil and the rapeseed oil. Add the tofu and leave in the marinade for at least 1 hour. Cover the mangetout peas in a pan with a little water, lightly simmer 5 min. Add the spinach and steam again 3 min.

Cook the rice noodles according to manufacturer's instructions, drain, rinse again with warm water and drain.

Preheat the grill or oven grill, grill the tofu for 5 minutes on both sides and set aside.

Arrange the pasta on the plates, divide the vegetables all around and place the tofu over the noodles. Douse with the marinade.

3.17 Hearty winter breakfast

Forces Qi and Yang, strengthens the body's defenses and warms up, helps with Qi and Yang emptiness.

Cooking time approx. 20 min

Calories p. portion: 678

1 portions
Allergens: ACEG

Quantity of ingredients

Oat meal 1 cup / 120g. (rec.) - warm - sweet metal
Ginger fresh 1/2 teaspoon / 1g. (rec.) - warm - acrid..... metal
Salt 1 pinch / 1g. (little) - cold - salty water
Onion (spring onion) 2 pieces / 40g. (yes) - warm - acrid..... metal
Chicken egg 1 piece / 55g. (yes) - neutral - sweet earth
Butter organic 1 table spoon / 15g. (yes) - neutral - sweet..... earth
Soy sauce 1 dash / 3g. (yes) - cold - salty..... water

Cooking instructions:

Soak oatmeal overnight. Boil in the morning with a little ginger, salt and a spring onion or leek and then let it swell until the porridge is soft. Before serving, add a whole egg to the porridge, add the butter and season to taste with a little soy sauce.

Recommendation: Especially suitable for the cold season.

3.18 Kidney bean pot with lamb and sage

Nourishes Yin from heart and kidney, strengthens spleen and kidney Yang, forces Qi, heats middle and lower heater, dissolves stagnation, directs upwards, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 1 1/2 hours

Calories p. portion: 391

4 portions

Allergens: F

Quantity of ingredients

Soybean oil 3 table spoons / 30g. (yes) - warm - sweet..... earth
Onion white 2 pieces / 120g. (yes) - warm - acrid metal
Lamb meat 5/8 oz / 200g. (rec.) - warm - sweet..... fire
Salt 1 pinch / 0,5g. (little) - cold - salty..... water
Sage 4-5 leaves / 2g. (yes) - neutral - bitter, spicy fire
Rosemary 1/2 teaspoon / 2g. (little) - warm - bitter fire
Thyme 1/2 teaspoon / 2g. (rec.) - warm - bitter *
Kidney beans (red) 5/8 lbs - 8oz / 250g. () - neutral - sweet..... water
Water 3 cups / 750g. (yes) - cool - salty..... earth

Cooking instructions:

Soak kidney beans in water overnight and strain.
In a saucepan with oil, roast the onion. Dice the lamb and place in the pot.
Season with salt, sage, rosemary and thyme.
Roast lamb well and cover pot. Cook over low heat and add ten-quarters of a gallon (750ml.) of cold water after 10 minutes.
Salt again.
Heat till it boils. Add beans to it.
Simmer for at least 1 hour until the beans and meat are tender.

3.19 Oat Congee

Forces Qi, forces liver and spleen, moisturizes intestines, eliminates mucus, holds back sweat.
Cooking time approx. 2-4 hours
Calories p. portion: 162
3 portions
Allergens: A

Quantity of ingredients

Oat 1 cup / 125g. (rec.) - warm - sweet..... metal
Water 6 cups / 700g. (yes) - cool - salty..... earth

Cooking instructions:

Cook oats and water in a ratio of about 1: 6. The amount of water determines the thickness of the mash (pure matter of taste). The oats swell, so do not take much. Put the oats in a saucepan with good insulation and a heavy lid. It is important to simmer the oats after a short boil on the slightest flame, otherwise it burns. Cook the oat for 2-4 hours. The longer it cooks, the more he strengthens.

3.20 Oatmeal soup with spring onion and carrots

Strengthens spleen and liver, regulates Qi flow, moisturizes, relaxes, builds up Qi, spreads, moisturizes intestines, regulates Qi, warms spleen and kidney, dissolves stagnation, directs upwards.
Cooking time approx. 30 min
Calories p. portion: 135
3 portions
Allergens: AG

Quantity of ingredients

Oat 6 table spoons / 48g. (rec.) - warm - sweet metal

Carrot 2 pieces / 200g. (rec.) - neutral - sweet.....earth
 Butter organic 1 table spoon / 15g. (yes) - neutral - sweet.....earth
 Nutmeg 1 pinch / 1g. () - warm - acrid.....metal
 Lovage 1 stem / 15g. (yes) - warm - acrid, bitter.....metal
 Lovage 1 stem / 15g. (yes) - warm - acrid, bitter.....metal
 Onion (spring onion) 2 pieces / 40g. (yes) - warm - acrid.....metal
 Water 2 cup / 480g. (yes) - cool - salty.....earth

Cooking instructions:

Roast the oats in butter, add salt and spices, pour in water and heat till it boils. After 10 min. add the grated carrots and lovage, cook for 10 minutes. Finely add chopped onion.

3.21 Pumpkin soup

Forces lungs and spleen, diuretic, forces Qi, protects liver, forces Qi, forces spleen, relieves inflammation, moisturizes, relaxes, builds up Qi, spreads, strengthens spleen and liver, regulates Qi flow, moisturizes, relaxes, builds up Qi, spreads.

Cooking time approx. 1 hour

Calories p. portion: 105

3 portions

Allergens:

Quantity of ingredients

Pumpkin 3/4 lbs / 300g. (rec.) - warm - sweet.....earth
 Carrot 2 pieces / 100g. (rec.) - neutral - sweet.....earth
 Potato 2 pieces / 120g. (yes) - neutral - sweet.....earth
 Olive oil 1 table spoon / 10g. (yes) - cool - sweet.....earth
 Onion white 1 piece / 50g. (yes) - warm - acrid.....metal
 Water 1 cup / 120g. (yes) - cool - salty.....earth
 Parsley 1 table spoon / 7g. () - warm - bitter.....wood
 Anise (Common Fennel) 1 pinch / 1g. (rec.) - warm - acrid.....earth
 Salt 1 pinch / 1g. (little) - cold - salty.....water

Cooking instructions:

Add the olive oil to the pan, add the diced pumpkin, diced carrots and potatoes. Roast them shortly, add the finely chopped onion, fill with water, add enough water to cover the vegetables at least 3 finger-widths. Boil at low heat.

Season with sea salt, add small cutted parsley, a pinch of anise (little). Allow to simmer for about 35 minutes. Then purée the soup and add

some water, depending on the consistency of the soup.

3.22 Quinoa with peach

Strengthens blood and fluids, brings blood into motion, builds up Qi, spreads, forces Qi, dries out, passes downwardly, strengthens middle heater, moisturizes.

Cooking time approx. 20 min

Calories p. portion: 248

2 portions

Allergens:

Quantity of ingredients

Quinoa 1 cup / 100g. (rec.) - neutral - sweet, sour fire
Water 1 1/2 cups / 240g. (yes) - cool - salty earth
Honey 2 teaspoons / 4g. (little) - cold - sweet earth
Peaches 2 pieces / 240g. (yes) - warm - sour, sweet earth
Linseed oil 2 teaspoons / 4g. () - neutral - sweet earth
Lemon Balm (fresh) 1 teaspoon (chopped) / 1g. () - cool - sour metal
Chili (pod or ground) 1 pinch / 0,1g. () - hot - acrid metal
Cinnamon ground 1 pinch / 0,2g. (rec.) - hot - acrid, sweet *
Vanilla 1 pinch / 0,2g. (yes) - neutral - sweet *

Cooking instructions:

In the evening:

Put quinoa in hot water and boil soft, covered 15 to 20 minutes.

In the morning:

Warm up quinoa with 1 tablespoon water.

Steam lightly Peaches in a saucepan or add them fresh. Decorate with fresh lemon balm.

Summer: nectarines, apricots

Winter: Pickled fruit, pear, apples

3.23 Rice with stewed vegetables

Dissipates heat and moisture.

Cooking time approx. 20 min

Calories p. portion: 166

2 portions

Allergens: L

Quantity of ingredients

Rice variety any 1/2 cup / 60g. (yes) - warm - sweet metal
Water 3 cups / 300g. (yes) - cool - salty earth
Lemon peel 1 piece / 3g. (rec.) - cool - bitter fire

Water 1/2 cup / 0g. (yes) - cool - salty.....earth
 Carrot 2 pieces / 180g. (rec.) - neutral - sweet.....earth
 Celery sticks 1/2 piece / 5g. (yes) - cool - sweet.....earth
 Champignon 1/2 cup / 50g. (yes) - cool - sweet.....earth
 Cress 2 table spoons / 20g. (yes) - cool - sweet.....metal
 Linseed oil 1 dash / 3g. () - neutral - sweet.....earth

Cooking instructions:

Cook rice according to basic recipe with a piece of lemon peel.
 Steam chopped carrots, celery and mushrooms until soft.
 Then sprinkle with cress. Then add a dash of high quality cold oil.

3.24 Sliced chicken with walnuts and sherry

Warming and nourishing, directs the Qi upwards, forces blood, spleen and kidney.

Cooking time approx. 25 min

Calories p. portion: 304

4 portions

Allergens: EGHN

Quantity of ingredients

Butter organic 2 table spoons / 35g. (yes) - neutral - sweet.....earth
 Walnuts 2 table spoons / 25g. (rec.) - warm - sweet.....earth
 Ginger fresh 1/2 teaspoon / 2g. (rec.) - warm - acrid.....metal
 Onion (shallot) 2 pieces / 40g. (yes) - warm - acrid, sweet.....metal
 Salt 1 pinch / 1g. (little) - cold - salty.....water
 Chicken meat 3/4 lbs / 300g. (rec.) - warm - sweet.....wood
 Peppers (rose peppers) 1 pinch / 1g. () - warm - bitter.....earth
 Sesame, white 1 teaspoon / 2g. (yes) - neutral - sweet.....earth
 Black fungus mushroom 4 pieces / 3g. () - neutral - sweet.....earth
 Shiitake, dried 4 pieces / 5g. (yes) - neutral - sweet.....earth
 Soy sauce 1 dash / 3g. (yes) - cold - salty.....water
 Rice (whole grain) 1 cup / 120g. (yes) - warm - sweet.....metal
 Water 6 cups / 550g. (yes) - cool - salty.....earth
 Salt 1 pinch / 1g. (little) - cold - salty.....water

Cooking instructions:

Heat butter or sesame oil in a hot pan; Sauté walnuts, copious grated ginger, chopped shallots or onions; Add the salt and the sliced chicken and sauté everything; Rose paprika, roasted sesame, soaked black fungus, shiitake mushrooms or mushrooms; with a shot sherry; infuse with water; Simmer for 5 to 10 minutes until the meat is cooked; Season with soy sauce.

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

This fits: lamb's lettuce, Radicchio

3.25 Spelled with fruit and nuts

Nourishing and slightly refreshing, builds up Qi and fluids, nourishes blood and Yi, harmonizes lung Qi.

Cooking time approx. 1 1/2 hours

Calories p. portion: 290

3 portions

Allergens: AH

Quantity of ingredients

Spelled grain	1 cup / 120g. (yes) - neutral - sweet	wood
Water	1 cup / 50g. (yes) - cool - salty.....	earth
Apple (sweet)	1 piece / 220g. (yes) - cool - sweet, sour.....	earth
Apricot	1 piece / 200g. (yes) - warm - sweet	earth
Peaches	1 piece / 120g. (yes) - warm - sour, sweet	earth
Cinnamon ground	1 pinch / 1g. (rec.) - hot - acrid, sweet.....	*
Cardamom	1 pinch / 1g. () - warm - acrid.....	*
Salt	1 pinch / 1g. (little) - cold - salty	water
Strawberries	1 cup / 120g. (yes) - neutral - sweet, sour.....	wood
Almond puree	1 table spoon / 15g. (yes) - neutral - sweet.....	earth
Cocoa	1 pinch / 1g. () - warm - sweet, bitter.....	fire
Walnuts	1 table spoon / 10g. (rec.) - warm - sweet	earth

Cooking instructions:

Put spelled in hot water and cook.

Then: Give sweet chopped fruit (apples, apricots, peaches) in a little hot water, with a little cinnamon, sauté briefly; ground cardamom and / or coriander, a small pinch of salt, the boiled spelled, berries after season. Put some cocoa and roasted nuts over it.

3.26 Spicy Tofu Vegetable Pan

Nourishing and slightly refreshing, builds up Qi and fluids, regulates Qi, warms the inside, lowers cold, forces stomach, relieves constipation, forces Yang, Dissolves mucus, reduces wind.

Cooking time approx. 25 min

Calories p. portion: 241

4 portions

Allergens: EN

Quantity of ingredients

Sesame oil 2 table spoons / 20g. (yes) - cool - sweetearth
Carrot 2 pieces / 100g. (rec.) - neutral - sweetearth
Fennel 1 piece / 250g. (yes) - warm - sweet, little acridearth
Leek 1 piece / 200g. (rec.) - warm - acrid..... metal
Salt 1 pinch / 1g. (little) - cold - salty water
Turmeric (yellow root) 1 pinch / 1g. (yes) - warm - bitter *
Lemon juice 1 dash / 1g. () - cold - sour wood
Soy Tofu 1 package / 120g. (yes) - cool - sweet earth
Pepper (ground) 1 pinch / 0,5g. () - warm - acrid metal
Soy sauce 1 dash / 3g. (yes) - cold - salty..... water
Rice (whole grain) 1 cup / 120g. (yes) - warm - sweet metal
Water 6 cups / 500g. (yes) - cool - salty..... earth
Salt 1 pinch / 1g. (little) - cold - salty water

Cooking instructions:

Heat sesame oil in a hot wok or a hot pan; fry the chopped carrots, fennel and leek slices; salt, a dash of lemon juice, turmeric, tofu cubes roast for 1 - 2 minutes.

Add the pepper and cook covered for about 5 minutes; drizzle with soy sauce.

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

3.27 Spring vegetables - also for babies from the 8th month

Cools heat, diuretic, cools blood, reduces mucus, moisturizes, relaxes, builds Qi, distributes, strengthen the middle, nourishes lung Yin, produces humors.

Cooking time approx. 1 1/2 hour

Calories p. portion: 64

8 portions

Allergens: G

Quantity of ingredients

Carrot 1,1 lbs / 500g. (rec.) - neutral - sweet.....earth
Kohlrabi 1,1 lbs / 500g. (yes) - neutral - acrid, sweetearth
Butter organic 2 table spoons / 20g. (yes) - neutral - sweetearth
Water 1/2 cup / 125g. (yes) - cool - salty.....earth

Cooking instructions:

Wash the vegetables thoroughly. Clean and peel carrots and turnip cabbage. From the turnip cabbage, finely chop some delicate leaves and set aside. Rasp the carrots and the turnip cabbage. Melt the butter, add the water and the vegetables and cook over medium heat for about 30 minutes. Stir occasionally. Spread the vegetables and cooked water to about 8 deep-frozen bags to a100-150 g (depending on the age of the child). Close the bags, allow them to cool down and freeze them for max 3 months.

If necessary thaw, boil and mix with 80g of boiled potatoes and an egg. (The recipe can easily be varied if you want to use cauliflower, peas or zucchini)

3.28 Tea from anise

Warms the middle, forces stomach and spleen, warms stomach, reduces cold-evil, harmonizes stomach-Qi, warms kidney.

Cooking time approx. 15 min

Calories p. portion: 3

4 portions

Allergens:

Quantity of ingredients

Anise (Common Fennel) 1 teaspoon / 3g. (rec.) - warm - acrid.....earth
Water 2 cup / 500g. (yes) - cool - salty.....earth

Cooking instructions:

Heat the water till it boils and put it aside. Add anise.

10 min. to let go.

Pour through a tea strainer. Sweet to taste with honey.

In order to achieve a salutary effect, you should drink 2 cups of anise tea per day.

3.29 Tea from cinnamon sticks

Warms the stomach and spleen, promotes blood circulation and conduction flow, relieves cold-sickness and pain.

Cooking time approx. 15 min

Calories p. portion: 2

1 portions

Allergens:

Quantity of ingredients

Cinnamon sticks 1/4 piece / 1g. (rec.) - hot - acrid, sweet..... *

Water 1 cup / 125g. (yes) - cool - salty.....earth

Cooking instructions:

A quarter of a cinnamon stick for a cup of tea. Start cold and bring to the boil. Let it sit for 15 minutes, then strain.

This tea is unsweetened and swallowed, slowly drunk. The amount is enough for one day.

3.30 Tea from coriander

Sudorific, reduces wind.

Cooking time approx. 10 min

Calories p. portion: 2

4 portions

Allergens:

Quantity of ingredients

Coriander 1 teaspoon / 3g. (rec.) - warm - acrid..... metal

Water 2 cup / 500g. (yes) - cool - salty.....earth

Cooking instructions:

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

3.31 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
Allergens:

Quantity of ingredients

Mallow (*Malva sylvestris*) blossom tea 2 teabags / 4g. () - cool - sour *

Water 2 cup / 500g. (yes) - cool - salty.....earth

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.

3.32 Tea from thyme

Converts mucus, forces lungs and spleen, dries out, passes downwardly.

Cooking time approx. 10 min

Calories p. portion: 0

4 portions

Allergens:

Quantity of ingredients

Thyme 3 table spoons / 6g. (rec.) - warm - bitter..... *

Water 2 cup water / 500g. (yes) - cool - saltyearth

Cooking instructions:

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

Drink 2 to 3 cups daily by mouth

3.33 Thick pea soup

Nourishes Qi, diuretic, harmonizes Qi (especially in the Middle and Lower), strengthens the kidney and the defense Qi, dischars moisture.

Cooking time approx. 2-3 hours

Calories p. portion: 123

3 portions

Allergens: AN

Quantity of ingredients

Peas, green 3/8 lbs - 6oz / 150g. (yes) - neutral - sweet..... water

Water 2 1/4 cups / 550g. (yes) - cool - saltyearth

Sesame oil 1 table spoon / 20g. (yes) - cool - sweet.....earth

Onion white 1/2 piece / 25g. (yes) - warm - acrid metal
 Ginger fresh 1/2 teaspoon / 1g. (rec.) - warm - acrid..... metal
 Ground 1/2 teaspoon / 1g. (yes) - warm - acrid..... metal
 Oat meal 1 table spoon / 15g. (rec.) - warm - sweet metal
 Salt 1 pinch / 1g. (little) - cold - salty water
 Parsley 1 stem / 2g. () - warm - bitter wood

Cooking instructions:

Soak dried peas before cooking. Sauté sesame oil, onion, a little oatmeal, ginger and cumin in a hot pot; add the peas and simmer for 2-3 hours; add salt at the end and pruée with a blender; garnish with parsley.

3.34 Vegetable rice

Strengthens spleen and liver, regulates Qi flow, relaxes, builds up Qi, spreads, dries out, passes downwardly, strengthens stomach Qi, warms the stomach and spleen, harmonizes the intestine, forces Qi, reduces moisture.

Cooking time approx. 30 min

Calories p. portion: 304

3 portions

Allergens: L

Quantity of ingredients

Broccoli 1/8 lbs - 2oz / 50g. (yes) - cool - sweet..... earth
Carrot 1/8 lbs - 2oz / 50g. (rec.) - neutral - sweet..... earth
Kohlrabi 1/8 lbs - 2oz / 50g. (yes) - neutral - acrid, sweet..... earth
Cauliflower 1 oz / 30g. (yes) - cool - sweet earth
Peas 1/2 oz / 20g. (yes) - neutral - sweet, saltywater
Margarine 1 teaspoon / 4g. (yes) - cool - sweet earth
Rice (whole grain) 5/8 oz / 200g. (yes) - warm - sweetmetal
Basic recipe for a vegetable soup (nutritious) 7/8 lbs / 400g. (rec.) - neutral - * *
Parsley 1/2 oz / 20g. () - warm - bitter.....wood
Pepper (ground) 1 pinch / 0,2g. () - warm - acridmetal

Cooking instructions:

Cut the broccoli, carrots and kohlrabi into small cubes, divide the cauliflower into small florets. Heat the margarine in a pan or saucepan, sauté the vegetables. Then add the rice, top up with the vegetable stock and leave to soak for 15-20 minutes.

In the meantime finely chop the parsley. After cooking, season the rice with freshly ground pepper and parsley.

3.35 Warming carrot soup

Forces Qi und warms Yang.

Cooking time approx. 30 min

Calories p. portion: 133

3 portions

Allergens: HL

Quantity of ingredients

Carrot 4 pieces / 250g. (rec.) - neutral - sweet..... earth
Walnut oil 2 table spoons / 20g. () - neutral - sweet earth
Onion (shallot) 2 pieces / 40g. (yes) - warm - acrid, sweet.....metal
Anise (Common Fennel) 1/2 teaspoon / 1g. (rec.) - warm - acrid..... earth
Nutmeg 1 pinch / 1g. () - warm - acrid.....metal
Ginger fresh 1/2 teaspoon / 1g. (rec.) - warm - acrid.....metal

Salt 1 pinch / 1g. (little) - cold - saltywater
 Basic recipe for a vegetable soup (nutritious) 2 cup / 500g. (rec.) - neutral - * *
 Parsley 1 table spoon / 10g. () - warm - bitterwood

Cooking instructions:

Heat walnut oil in a hot pot and fry onions; steam the carrots in it; add anise, nutmeg, a little ginger, salt and sauté everything; add water or vegetable- or meat stock; cook everything soft and then puree; fold in parsley at the end.

Recommendation: Suitable for the cold season, especially if you use meat broth as a liquid for infusion.

4 Effects of food

4.1 Use ingredients: recommendable

Anise (Common Fennel)	Lemon peel
Barley	Mutton
Barley malt	Oat
Barley not peeled	Oat flakes (whole grain)
Beef fillet	Oat flakes roasted
Beef meat	Oat flour
Beef meat (calf)	Oat fusion (baby food)
Boxhorn clover seeds	Oat meal
Buckwheat	Oat milk
Carp	Oregano dried
Carrot	Parsnip
Carrot (Early Carrot)	Pearl barley
Carrot juice without sugar	Pork heart
Celery root	Pumpkin
Cereal coffee	Pumpkin seeds
Channa-Dal	Quinoa
Cherry	Safflower (Dyer's thistle / Hong Hua)
Chestnuts	Sweet potato
Chicken heart	Thyme
Chicken meat	Turkey breast meat
Cinnamon ground	Walnuts
Cinnamon sticks	Walnuts roasted
Coriander	Water hot
Fennel seeds ground	Wild boar meat
Fish pieces mixed (fresh water)	
Ginger fresh	
Grape juice red	
Green spelt	
Lamb meat	
Lamb shoulder	
Leek	

4.2 Use ingredients: yes

Adzuki beans	Deer meat
Almond marzipan	Dill
Almond milk	Eel
Almond puree	Elderberry blossom tee
Anchovy / Sardine	Fennel
Apple (sweet)	Fennel tea
Apple juice (natural cloudy)	Fig
Apricot	Fig dried
Apricots	French beans
Arrowroot	Goose
Artichoke	Goose egg
Asparagus (green or white)	Goose parts
Aubergine	Gourd
Bean oil	Grape juice white
Black beans	Grapes white
Blackberry 's	Grass carp
Black-eyed peas	Ground
Boletus mushroom	Ground caraway
Broad beans (thick beans)	Hawthorn
Broccoli	Hazelnuts
Brussels sprouts	Herbs various
Bulgur (cereals)	Herring
Butter organic	Kohlrabi
Calamari	Kukicha tea
Cashews	Kumquats
Cauliflower	Lamb kidneys
Celery sticks	Lamb liver
Champignon	Lentils
Chanterelle	Lentils black
Cherry juice	Lentils red
Chicken egg	Lentils yellow
Chicken liver	Lobster
Chicken stomach	Longane
Chickpeas	Lovage
Chinese cabbage	Lychee
Chives	Lychee in Preserved
Clove	Malt
Coconut flakes	Maple syrup
Coconut grated	Margarine
Coconut milk	Margarine (diet)
Cod	Marjoram
Coix (seeds) YiYi Ren	Millet
Corn	Millet flakes
Corn Grease (Polenta)	Miso
Couscous	Miso paste (soy bean paste)
Cress	Morel (black, dried)
Crucian	Morel, dried
Cumin (Caraway seed)	Mung bean
Dandelion (young plants)	Mustard seeds
Dates dried	Octopus
Deer meat	Okra

Olive oil	Rice round grain
Olives	Rice sweet
Onion (shallot)	Rice variety any
Onion (spring onion)	Rice wild (nature rice)
Onion read	Rose hip tea
Onion white	Rye
Oyster mushroom	Rye flour
Oysters	Saffron
Peaches	Sage
Peaches (canned)	Sago (cereals)
Peanut oil	Salmon
Peanuts	Salsify
Peas	Savory
Peas, green	Savoy cabbage / kale
Pepper Cayenne	Sesame oil
Pepper white (ground)	Sesame paste (Tahini)
Peppercorns	Sesame, black
Peppers	Sesame, white
Perch	Shark
Pheasant	Shiitake, dried
Pine nuts	Shrimp
Pistachios	Sour milk cheese 20%
Plaice	Soy sauce
Pomegranate	Soy Tofu
Pork knuckle	Soybean milk
Pork liver	Soybean oil
Pork meat	Soybeans, black
Pork skin	Soybeans, yellow
Pork stomach	Spelled (Dark) bread
Potato	Spelled grain
Pumpkin seed oil	Spelled semolina
Quail	Spelled wholemeal flour
Quail egg	Spinach
Quince	Spiny lobsters
Rabbit	Star anise
Rabbit meat	Strawberries
Radish	Strawberry Juice
Radish (white, green, purple-red)	Sugar cane sugar
Radish black	Sugar fructose - fruit sugar
Raisins	Sugar glucose - grapes sugar
Rapeseed oil	Sugar Milk Sugar
Red beet	Sunflower oil
Red berry (without sugar)	Sunflower seeds
Red cabbage	Tarragon (Estragon)
Reishi mushroom	Trout
Rice (fragrance)	Tuna
Rice (whole grain)	Turmeric (yellow root)
Rice Basmati	Umeboshi plums (Japanese apricots)
Rice black	Vanilla
Rice flour	Vanilla powder
Rice long grain rice	Vegetable juice
Rice malt	Vinegar (Apple vinegar)
Rice noodles	Water
Rice red	Wheat germ oil

White beans
White cabbage

Zucchini

4.3 Use ingredients: little

Breadcrumbs (wheat bread, bread roll)
Duck (heart)
Duck (slaughtered)
Feta cheese
Goat
Honey
Multi-grain bread (gray bread)

Mutton
Red wine
Rosemary
Salt
Sugar molasses
White bread (wheat bread)

4.4 Do not use contra-acting foods

Banana
Banana (cooking banana)
Batavia
Beer (Pils)
Beer (Top-fermented German dark beer)
Bitter melon
Black tea
Burdock root tea
Cantaloupe
Carambola (Star fruit)
Caviar
Chard
Chicory
Chlorella (fresh water)
Chocolate
Clementines
Cow's milk (1.5% fat)
Cow's milk (whole milk 3.5% fat)
Crab
Cream, sweet 30%
Crème fraiche cheese
Cucumber
Curd cheese 20%
Curd cheese 40%
Curry
Dandelionroots tea
Endive salad
Ginger powder
Grapefruit (Pomelo)
Grapefruit juice
Grapes red
Green tea
Iceberg lettuce
Kiwi
Kombu seaweed (Saccharina japonica)
Lamb's lettuce
Lamb's lettuce
Leaf salads (bitter)

Lemon
Lettuce
Lime
Mango
Mold cheese
Mozzarella
Mulberry fruit
Mullet
Mung bean sprouting
Mussels
Orange
Orange juice
Papaya
Parmesan
Pimento
Pineapple
Pineapple (from a can)
Pineapple juice without sugar
Plum
Rabbit liver
Radicchio
Rhubarb
Romaine lettuce / lettuce salad
Seacrab
Sheep's milk
Sorrel
Sour cream 15% fat
Sour milk
Spirit
Sugar brown
Sugar candy white
Sugar white
Tomato
Tomato dried
Tomato juice
Tomato paste
Tomato puree
Wakame
Watermelon

Wheat
Wheat beer
Wheat bran
Wheat bulgur
Wheat flakes
Wheat flour
Wheat semolina

Wheat semolina for children
White wine
Yogi tea
Yogurt (natural, 1.5% fat)
Yogurt (natural, 3.5% fat)

5 Complementary

5.1 Ginger fresh

Zingiberis officinalis, Rhizoma

preparation:Decoction

Strengthens juices production, reduces cold-nuisance, stimulates, stimulates the Yang-energy, warms the lung- and stomach-energy.

Put 1-6 slices of fresh root in a jug of water for 3 minutes. Drink 10 g in two doses on empty stomach.

To improve the taste is brown raw sugar

Special features: In TCM, the fresh ginger root is mainly used against fish poisoning and colds of the lungs and stomach.

Because ginger promotes nutrient uptake, it is often used in a variety of formulations to facilitate the rapid absorption of other herbs and thereby enhance their effects. Ginger contains the digestive enzyme zingibain.

The digestive effect of this substance is stronger than that of the enzyme papain.

In too large quantities, ginger leads to constipation, Not to use in: pregnancy, high fever.

5.2 Turmeric root

Curcumalonga, rhiz.

preparation:Different effects

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

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 irritabile
- 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