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TCM Lifesaver Recipes to Heal Your IBS Gut

TCM tips for a healthy gut

The most important Traditional Chinese Medicine (TCM) nutritional secret to healing a weak gut is to eat warm, cooked, simple meals.

The following recipes are made from TCM gut-supporting ingredients. Because they're all one-pot recipes, they can all be made in a slow cooker, if you have one.

Please note: these recipes are not meant to replace your entire diet, but can be added into your weekly meal schedule. For your remaining meals, be mindful of your avoiding TCM triggers foods (see my YouTube video for these items!), and your own personal food triggers, and remember the rule of thumb: Warm, Cooked, Simple meals.

Happy gut-healing!

Wendy

IBS Lifesaver #1: Congee

Basic recipe

1 cup of rice to 5 cups of water or chicken, beef, pork, or vegetable broth.

Directions

Wash and strain rice and pour into slow cooker or rice cooker. Add broth or water, any additional ingredients, and use “gruel” setting of a rice cooker until the rice is broken down into a porridge. Stir well before serving.

TCM digestive-friendly ingredient

Rice

Additional options

Any ingredient can be added to boost nutrients, including veggies, quinoa, pre-soaked beans, and meats.

IBS Lifesaver #2: Veggie Soup

Basic recipe

Chicken, beef, pork or vegetable broth, with chopped napa cabbage, carrots, parsnip, corn cob.

Directions

Bring broth or water to a boil. Turn heat to medium and add in raw vegetables. Boil until softened. Add cracked black pepper to serve.

TCM digestive-friendly ingredient

Napa cabbage, carrots, parsnip, corn cob, turnip, and rice.

Additional options

Add in a handful of rice and fully cook before serving.

IBS Lifesaver #3: Fruit Compote

Basic recipe

Chopped, pitted cherries (can be frozen), water, and raw honey (optional).

Directions

Add cherries and a few tablespoons of water to saucepan and heat until boiling. Turn heat to medium-low and simmer until fruit breaks down. If the compote is too tart, stir in a teaspoon of raw honey once the compote is off heat.

TCM digestive-friendly ingredient

Cherries, raw honey.

Additional options

For diarrhea: add apples

For constipation: add apricots

For gas/pain: add papaya