

# Healing Food

The below is a simple recipe for recovery Asian Medicine style. This recipe is easy to digest, settles nausea, slows diarrhea, replenishes electrolytes, and nourishes the heart with a smooth and soothing texture. I have found variations of rice congee suitable and supportive for:

- generalized digestive distress
- recovery from cold or flu
- inflammatory flares resulting from diverticulitis, gallstones & colitis
- post-operative recovery of any kind
- pregnancy related nausea
- recovery from emotional trauma resulting in decreased appetite, nausea, digestive difficulties

## Rice Congee {porridge}

1 cup rice - White rice is most easily digested. It can bowels movements over time and cause constipation for some. Try brown or white depending on your preference and needs.

6-9 cups water or stock

salt to taste (salt is important)

Cook these ingredients for 1 ½ -2 hours adding additional water as necessary to create a creamy texture. The last ½ hour of cooking, you can modify congee by adding either sweet or savory ingredients depending on your preference.

### Sweet

cinnamon

small quantity of date or apple

fresh ginger

### Savory

cook in chicken broth

small quantities of yam, carrot or other simple to digest starchy vegetables

small quantity of lean chicken meat

fresh ginger

\*note - When prepared with white rice and consumed over several days this recipe will slow the bowels. If you are already struggling with constipation, use brown rice and incorporate simple and yet more lubricating ingredients (flax meal, dried apricots, apples, prunes)

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