

CONGEE

<http://aprilcrowell.com/asian-medicine/curing-with-congee/>

Congee, Shi-Fan (literally, rice water) or Jook. Rice porridge is the foundation of nutritional healing and is a primary recommendation for anyone of any age who is looking for improved health. It is also a great breakfast food

In this case, simplicity is the best approach, especially when looking to improve digestive vitality. I always consider the client's digestive vitality first in any treatment. Simple foods cooked for a long period place less of a burden on the digestive system and that is their magic.

Healing benefits of congee

Congee tonifies the Qi and Blood and harmonizes the Middle Burner (your digestive system), the Stomach and the Spleen. Water balances our pH, detoxifies and nourishes Yin.

How to Make Congee

1 cup of rice to 6 cups of water cooked for 6 hours (or slightly less if desired). Add ½ - 1 cup of any of the following ingredients to create a more specific healing benefit.

For example:

- **Aduki beans**– Great for gout. Aduki beans dry dampness (edema and phlegm). They treat Kidney and Bladder problems, water retention.
- **Carrot**– Good for chronic indigestion and diarrhea.
- **Celery**–Cooling, reduces hypotensive conditions like Liver Yang Rising, ringing in the ears and hot tempers.
- **Dry ginger**–Diarrhea and vomiting from cold conditions, anorexia, nutritional impairment.
- **Fennel**– Use for nausea and vomiting. Fabulous for stimulating digestion and appetite
Fresh ginger–Cold and flu with chills.
- **Leek**– One of my favorite foods to reset the metabolism. Leeks warm and tonify the digestion they also treat chronic diarrhea.
- **Bone broth** (use in place of water)– Wonderful for anemia and Blood deficiency. Tonifies qi, blood, deeply nourishes.
- **Mung bean**– Cools summer heat (heat stroke), cuts fevers. Good for spleen.
Onion or scallion– Clears phlegm, opens the sinuses and lungs, clears out colds, treats diarrhea. Use for allergies and chronic phlegm problems.
- **Radish**–Cools fevers and heat in the digestive tract. Use with ulcers, GERD, and also allergies.
- **Sweet rice**–Tonifies the Stomach, Spleen and body overall
- **Spinach**–Harmonizes and moistens the organs, sedates and lowers rebellious Qi (GERD, acid reflux).

KITCHARI

<https://www.ayurveda.com/recipes/kitchari>

Kitchari means a mixture of two grains, usually. It is particularly nourishing and easy to digest, which explains its use when healing or lightening the load on the digestive system.

OPTIONS: add zucchini, asparagus, sweet potato. For Vata or Kaph conditions, add a pinch or slice of ginger. For Pitta, leave out the mustard seeds.

INGREDIENTS:

- ½ cup basmati rice
- 1 cup mung dal (split yellow)
- 6 cups water
- ½ to 1 inch ginger root chopped or grated
- ¼ tsp. Himalayan salt
- 2 tbsp ghee
- ½ tsp. coriander powder
- ½ tsp. cumin powder
- ½ tsp. whole cumin seeds
- ½ tsp. mustard seeds
- ½ tsp. turmeric powder or 1 inch root
- Handful of fresh cilantro leaves
- 1.5 cups vegetables (as above or as you wish), optional

Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add 6 cups water to the rice and dal and cook covered until soft, about 20 minutes.

Prepare any vegetables that suit your constitution. Cook 10 minutes longer.

In a saucepan, saute the seeds in the ghee. Until they pop. Add the other spices. Stir together to release the flavors. Stir the sauteed spices into the cooked dal, rice and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.

NOTE: A kitchari mono-diet can lead to constipation if taken exclusively for several days, as it is low in fiber. To ensure proper elimination, the following may prove helpful if taken once a day, away from kitchari meals: psyllium husks or seeds with water OR oat bran OR prune juice, increased water intake.

You may also use the following teas to assist:

- Vata Tea - equal parts ground ginger, cumin and coriander
- Pitta Tea – equal parts ground cumin, coriander and fennel
- Kapha Tea – equal parts ground ginger, cinnamon and a pinch of clove