

Wind Cold Damp Recipe

This recipe can be used for Bi syndrome with signs of heaviness, stiffness, sharp pain and muscle soreness, arthritis in old dogs and wasting syndrome. It is also useful in Wei Syndrome if there are no Heat signs. Any old and cold animal would benefit and it is a good recipe for cool and cold weather to warm the body and move Stagnation.

***** This can be fed for 2-3 weeks as written, then must be supplemented or used with the regular diet as it is not balanced to meet all nutrient requirements. *****

1 ½ - 2 oz lycium* or goji berries*: tonifies Liver and Kidney, benefits tendons and ligaments
2 lb lamb plus bone (boil in water or roast)
1 ½ cups long grain rice
1" piece of ginger: expel cold, strengthen stomach, move Qi and increase circulation to joints or ½ - 1 tsp dry ginger, warm Cold
2 cloves garlic crushed: move Qi, warm the body, move Stagnation
1-2 tbsp vinegar or rice wine: dispel Blood stasis, stimulate appetite.
4-6 small pieces Chen pi* or dry citrus peel; or fresh peel from 1-2 pieces of citrus: drain Damp, move Stagnation, aid digestion
3 parsnips chopped: dispels Wind and Damp, relieves pain (can use turnips or carrots)
½ lb mustard greens or green beans: moves Qi

Optional

Replace ginger and garlic with fennel seeds and cumin
Add lamb kidney for extra kidney Yang tonic
Replace lamb with chicken thighs
Mulberries in place of lycium
Barley/Coix* in place of rice for Damp Bi with heaviness, edema, wet tongue, wet mouth
Carrots or sweet potato or butternut/acorn squash in place of parsnips
Add salmon, sardines, or flax oil daily for omega 3s

* Herbs packets can be obtained from Full Circle Equine Service for the hard to find herbs in this recipe

We recommend top dressing with Volhard Endurance to ensure completeness. You can order by clicking the Volhard Dog Nutrition icon on our website: www.fullcircleequine.com