

What is congee?

Congee, a traditional porridge made by cooking rice with five or more times the volume of water, is a nourishing, healing dish with references dating back to at least 1,000 BC. Congee is cooked slowly and eaten savory or sweet. Medicinal healing congees have been prescribed for centuries and are part of traditional Chinese medicine and Asian dietary therapy.

Why does it work?

Congee Calms Shen-Heart/Mind, Builds Qi-Energy, Boosts Spleen Yang-Organ Functions, Benefits the Stomach, Harmonizes Spleen and Stomach, Soothes Digestion and Inflammation, Regulates, Generates, and Nourishes Fluids.

How does congee heal digestion?

Warm, well-cooked foods are easy to digest, build energy, and are soothing to the stomach and intestines. Foods that are easy to digest and absorb deliver the nutrients you need without all the effort. The net effect is an overall energy and metabolism boost. In Chinese medicine, warm foods build Spleen Qi and Yang and stoke the fires of digestion. Cooking congee with ample water makes it an exceptionally hydrating meal. Good hydration reduces inflammation and lubricates all your cells, muscles, and organs keeping them flexible and energized. This simple porridge easily delivers needed nutrients to those with compromised digestion, while simultaneously healing and repairing the organs and associated channels and nourishing Yin and Fluids.

What should I eat for breakfast?

Keep your system running smoothly all day by breaking your fast with warm, cooked foods that are full of moisture, ensuring the fiber is soft. Otherwise, the fiber may be rough and damage the intestinal walls. Without enough water, too much fiber leads to constipation. Congee keeps everything moving through your system with a gentle cleansing action so your elimination stays regular. When Spleen Qi and Yang are strong, fluids are regulated and digestion, elimination, and metabolism are optimized.

What's an easy way to get started at home?

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