

RECIPES FOR YOUR HEALTH

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Classical Chinese dietary recipes are a treasure of traditional Chinese medicine. These tasteful delicious recipes have helped the Chinese population maintain their health and wellness for several millennia. There are thousands of dietary therapy recipes recorded in the literature, but here we present just six simple examples.

Ginseng/Lotus Seed Soup

Chinese Ginseng 10g

Lotus Seed 10g

Rock Sugar 60g

Preparation: Soak the Chinese ginseng and lotus seeds for 6 hours. Add the rock sugar. Steam boiling for 3 hours. Drink the liquids and eat the ginseng/lotus seeds.

This recipe is to tonify the Qi and strengthen the Spleen. It can apply to general weakness from chronic illness, profuse sweating, loss of appetite, fatigue, diarrhea.

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Chicken/Astragalus/Angelica Soup

Chicken 200g

Astragalus 30g

Angelica 10g

Onion 20g

Ginger 20g

Salt 10g

Preparation: Cook and steam/boil for two hours.

This recipe to nourish the Qi and Blood. It can apply to fatigue, general weakness of body and any situation after serious blood loss.

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Double Ear Soup

Tremela 20g

Wood-Ear 20g

Citrus 5g

Rock Sugar 30g

Preparation: Add sufficient water to cook for three hours.

This recipe is to enhance the vision and reduce cholesterol. It can be used for high cholesterol, coronary heart disease and arteriosclerosis.

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Fried Celery/Shiitake Mushroom

Celery 500g

Shiitake Mushroom 500g

Olive Oil 2 tsp

Salt 20g

Sugar 3g

Preparation: Soak and soften the dry shiitake mushrooms. Cut the celery and mushrooms.

This recipe has the function of reducing blood pressure and protecting the liver. It is a wonderful recipe for high blood pressure, hepatitis and coronary heart disease patients.

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Wax Gourd/Job's Tear Soup

Wax Gourd 400g

Job's Tear 50g

Preparation: Cook for half an hour. Add sugar or salt.

This recipe has the function of clearing heat, strengthening the Spleen and inducing urination. It can be used for skin rashes, difficult urination, thirst and anxiety.

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Steamed Fritillaria Pear

Fritillaria 12g

Pear 2

Rock Sugar 20g

Preparation: Peel the pears and take the kernels out from the pears. Mix the fritillaria and rock sugar together. Steam two hours with low flame.

This recipe has the function of moistening and nourishing the Lungs and transforming phlegm. It can be used for chronic cough, thirst, and sore throat.

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