

## Coughs

*To provide relief for coughs, ginger and onion combinations are prepared with daikon, which has cool, pungent, and sweet characteristics and eliminates hot irritation of the throat and bronchi.*

### Daikon, Ginger, and Pear Juice

½ cup (100 grams) fresh daikon, grated  
½ cup (100 grams) fresh ginger, grated  
2 tablespoons (30 milliliters) fresh pear juice  
1 egg white

Place the daikon in a thin cotton towel and squeeze to extract 2 tablespoons of juice. Repeat with the ginger.

Mix the ginger and daikon juice with the pear juice and egg white. Drink it cool once a day.