

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 juice on its own is a good remedy for a cold with headache and cough, as well as for chronic bronchitis. If the cough is particularly persistent, daikon juice can be mixed with ginger and pear juice and the white of an egg.

Daikon Juice

4 cups (800 grams) fresh daikon, grated
1 tablespoon (15 grams) brown sugar

Place the daikon in a thin cotton towel and squeeze in order to obtain the juice. Mix the juice and brown sugar in a small saucepan. Bring to a boil over medium heat.

Remove from the flame and allow to cool. Drink the juice two times a day, warm to hot, to relieve coughing.