



Nature's Balance Acupuncture
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The Healing Cuisine of China – Zhuo Zhao & George Ellis

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 and Tangerine Peel Soup

This is a classic remedy for a thick-mucous cough.

- 1 cup (250 milliliters) water
- 1 small daikon, cut it into ½ inch slices
- 1 organic tangerine peel, cut it into ½ inch slices
- 3 slices ginger
- 1 teaspoon (5 grams) white pepper

In a small saucepan, bring the water to a boil. Add the daikon, tangerine peel, ginger, and pepper to the boiling water. Continue to boil over a medium flame for 10 minutes.

Pour into a bowl and allow to cool. Take the soup twice a day, after lunch and dinner.