

The Healing Cuisine of China – Zhuo Zhao & George Ellis

The following remedies are diaphoretics for feng-han colds (colds characterized by liquid catarrh and a runny nose). These remedies should be taken just before going to bed either at night or, if the cold is bad enough, during the day. Most of these sweat-inducing dishes are based on ginger and the white head of spring onion, or scallion, two of the best diaphoretics available.

Ginger Broth

In this remedy, the ginger induces sweating and brown sugar promotes circulation.

2 cups (500 milliliters) water
2 tablespoons (30 grams) sliced fresh ginger
Brown sugar to taste

In a small saucepan, bring the water to a boil. Add the ginger. When half the water has evaporated, add the sugar. Continue boiling for 3 minutes.

Take the decoction hot. When you have finished, get under a quilt or blanket for a sweat.