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## **The Healing Cuisine of China – Zhuo Zhao & George Ellis**

*The following remedy is a diaphoretic 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.