

Ginger Tea

This effective, fast-acting remedy is good for combating colds that are accompanied by a strong headache.

1 cup (250 milliliters) water
¼ cup (50 grams) fresh ginger, thinly sliced
¼ cup (50 grams) brown sugar
1 teaspoon (5 grams) green tea leaves

Bring the water to a boil in a small saucepan. Add the ginger and sugar. Turn the burner off and wait for 1 minute, then add the tea leaves. (Green tea contains vitamin C, the 1-minute wait after boiling ensures that the vitamin is not destroyed by the heat.) Steep for 5 minutes before drinking.

A frequent addition to this tea is ½ teaspoon (2.5 milliliters) of vinegar. Vinegar exerts a warming and detoxifying effect.

It is recommended that you eat some rice congee immediately after taking this tea.