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The Healing Cuisine of China – Zhuo Zhao & George Ellis

The following remedy contains cooling ingredients, such as green tea leaves, that balance the sweat-inducing effects of the diaphoretics. This recipe works best for feng-re colds – those with blocked nose, thick catarrh, and cough – which are often accompanied by a headache

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.