

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 and Scallion Tea

This remedy is particularly useful for clearing headaches caused by colds.

1 1/2 cups (375 milliliters) water
1 tablespoon (15 grams) sliced fresh ginger
1 tablespoon (15 grams) chopped scallion, white heads only
2 teaspoons (10 grams) green tea leaves

Bring the water to a boil in a small saucepan. Add all the ingredients and boil over a medium flame for 10 minutes.

Drink hot, and stay away from “evil air” (cold and drafts).

(If you are suffering from a fever in addition to a cold, you should add 1 tablespoon (15 grams) of walnut meats to this recipe. Boil for 15 minutes instead of 10.)