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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 and Scallion Tea

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

1 1/2 cups (375 milliliters) water
1 tablespoon (15 grains) 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.)