

Glossary of special foods

Burdock root

Also known as Gobo in Japanese markets, often used in similar ways to carrots in cooking. Sold at Asian grocers.

Chrysanthemum flower (Ju Hua)

Often found in its dry form at Asian grocers or Herbal stores. Fresh and wild chrysanthemum flowers may also be used.

Cilantro (Yan Shi)

Also known as Chinese parsley, Mexican parsley or Coriander leaf. It is an easily found herb that can promote sweating. Can be found in some supermarkets and Asian grocers.

Dandelion

Dry dandelion is sold at herbal stores. Fresh dandelion, often found growing wild in the field, may also be used.

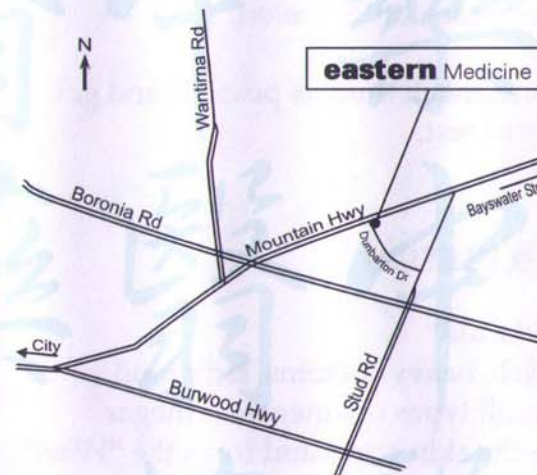
Mulberry leaves

Sold in its dry form at herbal stores. Fresh leaves may also be used.

Disclaimer

This leaflet intends to introduce the healing aspects of foods. It is the author's intention to help those who are open to natural alternatives to healing.

The information provided is to the author's best knowledge and experience and is to be used by readers at their own discretion. For serious conditions we advise you consult a Traditional Chinese Medicine practitioner.



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中國 Common Cold 食物 療法

Common Cold

In Traditional Chinese Medicine, the common cold is caused by "Wind" invading the human body. There are two types or stages of colds, "Wind Cold" and "Wind Heat". Each has different symptoms and therefore, has different treatments.

"Wind Cold"

"Wind Cold" occurs when a weak body cannot defend itself against a change in weather or exposure to wind and cold. If left untreated it can transform into "Wind Heat". Its symptoms include those commonly associated with the common cold, blocked nose, runny nose with clear mucus, chills, headache, body ache and stiff neck. Sweating or fever would indicate "Wind Heat".

"Wind Heat"

This is often the late stage of common colds, although may be the initial stage for an extremely weak person. The symptoms are similar to "Wind Cold", with the inclusion of sweating, high fever, sore throat, yellow nasal discharge, dry mouth, thirst and possibly coughing.

Recommended foods

"Wind Cold"

Ginger, garlic, spring onion, coriander, cilantro, basil, cinnamon.

Eat as little as possible so the body does not require too much effort to digest food.

"Wind Heat"

Mint, chrysanthemum flowers, burdock root, cilantro, dandelion, mulberry leaves, apples, pears, bitter melon.

Drink as much fluid as possible and get plenty of rest.

Foods to avoid

"Wind Cold"

Shellfish, heavy proteins, fatty food, meats, all types of vinegars (vinegar closes the skin pores and traps the "Wind" inside the body)

"Wind Heat"

Shellfish, meats, vinegar, deep fried food, hot and spicy food.

Avoid exposure to drafts and wind.

Food Therapy

"Wind Cold"

This is the first stage of a cold, the "wind" has only penetrated superficially at the skin level. Therefore, treatment revolves around sweating out the wind by having a hot bath, followed by one or many of the following methods.

- Prepare a mixture of garlic, ginger, spring onion, basil, cinnamon. Lightly boil them for 5 minutes, drink the tea and go to bed. Be prepared to sweat.
- Boil 10g of ginger with a suitable amount of brown sugar. Drink the tea.
- Drink tea from dry grape fruit peel.

"Wind Heat"

In "Wind Heat" the "wind" has penetrated deeper into the body. The heat is the result of an on-going battle between our body and the "wind". Treatment revolves around eliminating the heat and generating lost body fluids.

- Drink tea made from mulberry leaves, chrysanthemum, 6g each, 3g of mint mixed with a suitable amount of white sugar, boil for 5 minutes.
- Drink plenty of cabbage broth.
- Drink cilantro and mint tea.
- Drink mint, chrysanthemum and dandelion tea.