

Glossary of special foods

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.

Cassia Seeds (Jue Ming Zi)

Available from Chinese Herbal Stores and some Asian Grocers.

Oyster Shells

Available in powder form at Chinese Herbal Stores.

Disclaimer

This leaflet intends to introduce the healing aspects of foods. It is the author's desire 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.



eastern Medicine

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Headache

中國
食物療法

Headache

There are many different types of headaches classified by cause. Generally, however, there are two main types:

Type One

Headache normally accompanied with the common cold or flu.

Type Two

Headache related to high blood pressure, menstrual cycles, emotional stress or tension. Migraines belong to this type.

Recommended foods

Chrysanthemum flowers
Peppermint
Spring onion
Ginger
Oyster shells
Pearl barley
Carrots
Prunes
Buckwheat
Peach kernels

Foods to avoid

Spicy food
Alcohol
Smoking

Notes

Avoid excess stimulation, eyestrain or stress.

Refer to P.M.S. leaflet for headaches associated with Premenstrual Syndrome (P.M.S.).

Food Therapy

Type 1

- Boil ginger and spring onion for 5 minutes, then drink as tea to promote perspiration.
- Cook rice porridge with garlic and green onions, eat while hot to promote perspiration.
- Drink green tea.
- Drink tea made from chrysanthemum flowers and cassia seeds (Jue Ming Zi).
- Place mint and cinnamon in a pot of boiled water; use to steam the head for 20 minutes, dry head afterwards, avoiding catching a draught.
- Make buckwheat into a paste and apply to painful area until it sweats.

Type 2

- Mix lemon juice and ½ a tablespoon of baking soda in a glass of water then drink.
- Drink green tea mixed with prunes and mint.
- Squirt carrot juice into left nostril if headache on the right side and vice versa.
- Boil oyster shell for 1 hour; add chrysanthemum flowers boild for 30 minutes. Drink as tea.