

PORTAL - ART | ACUPUNCTURE | ALIVE
Resources for Very Alive People

Lung recipes for cough and phlegm

Onion tea

This recipe is helpful for those with thin, white phlegm; Using pungent onion we expel cold & purge phlegm.

1 Onion (with white onion skin)

2 cups water

cut up onion and bring to a boil

simmer onion tea until there is one cup of tea to drink

strain pieces of onion

drink tea

Potent Pear Pie

For those with a dry cough; Pears moisten and restore Lung Tissue

3 medium pears, peeled and sliced

2 tsp lemon juice

1 tbsp sugar

3 tbsp oats

2 Tbsp all purpose flour (or gluten free alternative)

1 tbsp cold butter

2 tbsp

sprig of fresh peppermint, chopped fine

Place pear slices in a greased 1 qt baking dish. Sprinkle with lemon juice. In a large bowl combine sugar, oats, flour and peppermint.

Cut in butter until crumbly. Sprinkle over pears. Bake at 350 for 25-30 min or until bubbly.

note* do not add warm foods: cinnamon, nutmeg or ginger.

Phlegm be gone juice

This is a rare moment when Chinese Medicine recommends raw juice.... yummy yum yum

For those with Yellow phlegm and a deep loud cough.

fresh radish (250g)

fresh lotus root (250g)

two pears

Peel and chop all foods. Make the ingredients into a juice with a food processor, add honey to taste.