

Covid-preventative food recipes from Xia chu Fang 下厨房 website

1. Fruit tea with orange and grapefruit (Source:

<https://www.xiachufang.com/recipe/104272984/>)

Boil oranges and grapefruits until they open up, then boil for another 3 minutes.

Rationale:

Orange and grapefruit are aromatic fruits, and therefore can ventilate the pathological *qi* from **Lung** and facilitate Lung's self-healing;

Grapefruit is cold in nature and can cleanse pathological inner heat;

The cooking method – boiling -- is to protect the spleen from the coldness of fruits.



2. *Houttuynia cordata* (yú xing cao 鱼腥草) and crystal sugar tea (Source: <https://www.xiachufang.com/recipe/104268063/>)

- ▶ 鱼腥草 *Houttuynia Cordata* 50 g
- ▶ 冰糖 Crystal sugar a few grams
- ▶ 水 Water 1500 mL

Houttuynia cordata corresponds to the Lung system; it is cold in nature and is able to cleanse heat in the Lung channel.

(According to the author who posts this recipe): Pharmacological experiments show *Houttuynia* is antibacterial, antiviral, and good for immunity and diuresis.

Crystal sugar strengthens the stomach and digestion with its sweet flavour (corresponding to Spleen). And compared to other sugars (e.g. brown sugar or soft white sugar), crystal sugar is known by many Chinese as being cool in nature and able to cleanse heat.



***Houttuynia Cordata* 鱼腥草**

3. Lung-heat cleansing decoction (Source:

<https://www.xiachufang.com/recipe/104691664/>)

- 虫草花 Cordyceps Flowers 10 g
- 苹果 Apples 1 to 2
- 百合 Lilium lancifolium Thunb 20 g
- 胡萝卜 Carrots 1 to 2
- 无花果 Figs 4 to 6
- 陈皮或姜片 Dried Orange Peels or Ginger Flakes 1 to 2 pieces
- 瘦肉 Lean Meats 150 g

Rationale:

The author didn't indicate any rationale behind this recipe, just claiming this recipe is recommended by a provincial TCM hospital.

Some assumed reasons behind this recipe can be:

Lilium lancifolium Thunb, dried orange peels and ginger are widely used in China as TCM herbs. Lilium lancifolium Thunb is used as a herb in TCM. It corresponds to Lung and Heart system, and is cool and mild in nature. It is commonly used to cleanse Lung heat. In TCM theory, dried orange peels and ginger flakes are both warm in nature and correspond to Spleen, Stomach and Lung channels. They are used in TCM to warm the digestive system and dissolve damp/phlegm in order to protect the Lung.

The rest of the ingredients are more likely chosen from a modern nutritional perspective. Apple, fig and carrot are regarded as good sources of vitamins and necessary microelements for human body. Lean meat is recommended by nutritionists as a good source of protein, which in turn supports our immune system.



百合 *Lilium lancifolium* Thunb



陈皮 Dried Orange Peels