



Tired every now & then, could be a sign of poor oxygen circulation in your body system! **Dan Sheng**, in Chinese herbalogy is known to be beneficial in respiratory tract health & boost up our body's oxygen as well as blood circulation. In addition, coconut water helps to hydrate, replenish & rejuvenate the body's energy.

Serving size: 1 coconut per person.

Benefits: Improves blood glucose level, cardiovascular, blood circulation, dehydration, energy level, liver health, oxygen circulation & respiratory tract health, etc.

Ingredients

Young coconut - 1 no.

Dan Sheng - 4 thin slices. (1 gram)

Chinese almonds (North) - 5 nos.

Chinese almonds (South) - 5 nos.

Goji berries - 5 nos. (1 gram)

Red date - 1 no.

*** Daily recommended dosage: Chinese almonds (North) not more than 40 nos; Chinese almonds (South) not more than 40 nos; Dan Sheng not more than 30 grams; Goji Berries 15-30 grams & Red Dates 3-20 nos.**

Preparation

(1) Prepare a wok & place a metal mesh screen then fill water up to metal mesh screen's level, cover wok with a wok's cover and turn on high flame while preparing ingredients.

(2) Make a cut on the top of the **coconut** & pour out $\frac{1}{4}$ cup of coconut water which you can drink straight away.

(3) Wash **Dan Sheng, Chinese almonds (North) & (South), Goji berries & Red date** and place them into the coconut & cover with the cut coconut shell's cover then place the **coconut** into a bowl in the centre of the wok & steam for 1 $\frac{1}{2}$ hours. **Alternatively, you can steam in a electric steamer which is more convenient.**

(4) After 1 $\frac{1}{2}$ hours, turn off the flame & place the **steamed coconut** on the table, ready to serve. The coconut meat can be eaten together with this drink.

Note

(1) **For energy boosting: Take this drink in the morning.**

(2) **Chinese almonds (Also known as Apricot kernels)** contain a toxic chemical known as amygdalin which can lead to side effects of cyanide poisoning. Its symptoms are dizziness, headache, low blood pressure, nausea, vomiting, nausea & nerve damage, etc. Therefore, it

is advisable to take not more than 40 nos for each type of **Chinese almonds (North & South)**.

(3) **Dan Sheng** may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experience such symptoms, **do take in moderation**.

(4) **Dan Sheng & Red Dates** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(5) Moderate intake of **Dan Sheng** for those who are on **blood thinning medications** or have **bleeding disorders** because **Dan Sheng** may slow down blood clotting.

(6) **Dan Sheng** might increase the **risk of bleeding during and after surgery**. Stop taking them at least 2 weeks before a scheduled surgery.

(7) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.

(8) **Red Dates** might increase your insulin level or lower your blood sugar level so **take in moderation**.

(9) **Red Dates** might interfere the **blood sugar levels during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

Caution: To drink this soup at an interval of ½ to 1 hours from medications.