

Cold or Fatigue? 感冒或疲劳?







Cordyceps Flowers Dang Shen Soup

虫草花党参汤 © 5color Diet: Healthy Recipes

Have you wonder why you are always fatigued or short of breath though you sleep or eat well? It could be a **sign of lung or spleen deficiency of low energy!** **Cordyceps flowers** is known to be beneficial in respiratory tract problems (eg: asthma, cold, cough, flu, etc) and improves liver & kidney health. In addition, in **Chinese herbology, Dang Shen** is known to be beneficial in lung & spleen health and boost up our body's oxygen as well as blood circulation.

Serving size: 4 persons = 4 rice bowls.

Prep Time : 30 mins

Cook Time : 3 hour

Total Time : 3 ½ hours

Benefits: Helps to strengthen health of cardiovascular system, lung, kidney, liver, spleen & immune system, etc.

Ingredients

(1) Chicken thigh - 1 no, remove skin.

(2) Cordyceps Flowers - 40 nos. Wash & soak in hot water for 10 minutes to remove its muddy smell.

(3) Dang Shen - 32 thin slices. (8 grams).

(4) Dried Small Mushrooms - 12 nos. Wash & soak in some hot water for 10-20 minutes to soften it. After 20 minutes, rinse with water.

(5) Ginger - 2 thin slices.

(6) Red dates (seedless) - 4 nos.

(7) Goji Berries - 12 nos.

(8) Olive Oil - 1 teaspoon. **Alternative healthy oils eg: chia seeds oil or coconut oil, etc.**

(9) Pepper to taste.

(10) Salt - 1 teaspoon.

(11) Water - 900-1000ml. (250 ml water = 1 rice bowl size) **Healthy water choice: Purified, distilled or mineral water.**

*** Daily recommended dosage of Dang Shen not more than 30 grams, Ginger not more than 4 grams, Goji Berries 15-30 grams and small Red Dates 3-20 nos.**

Preparation

(1) Parboil **Chicken meat** in hot water for 1 minute to remove impurities. Discard the water

and wash the chicken clear of excess fats.

(2) Put all **ingredients together with water EXCEPT Goji Berries, Olive Oil, Pepper and Salt**, into a stewing pot (Healthier choice: glass, corning or clay pot), then turn on high flame. Once the water start to boil, turn to low flame and stew for 3 hours.

(3) After 3 hours, discard soup's impurities, add washed **Goji Berries, Olive Oil, Pepper and Salt**, then stir well. Turn off flame and let the soup steep for 10 minutes before serving.

Note

(1) Suitable for everyone and **especially for those with lung & spleen deficiency of low energy**: take this soup daily for 1 week & for maintenance: take 2 times weekly. **For those who always feel fatigue in the morning, to take this soup in the morning.**

(2) **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.

(3) Moderate intake of **Cordyceps Flowers and Mushrooms** for those who have **Gout, Skin Allergies or Auto-immune diseases such as Multiple Sclerosis, Lupus, Rheumatoid Arthritis, etc** because they contain **uric acid (Purine)** which may aggravate their conditions.

(4) For those who are on hypothyroidism medication, take **Cordyceps Flowers and Mushrooms** in moderation. **BUT** for those who have hyperthyroidism, to avoid taking **Cordyceps Flowers and Mushrooms** because the iodine in **Cordyceps Flowers and Mushrooms** may increase thyroid hormones level.

(5) **Cordyceps Flowers & Dang Shen** may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experiences such symptoms, **do take in moderation.**

(6) **Cordyceps Flowers, Dang Shen and 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.**

(7) Moderate intake of **Cordyceps Flowers, Dang Shen and Ginger** for those who are on **blood thinning medications** or have **bleeding disorders** because **Cordyceps Flowers,**

Dang Shen and Ginger may slow down blood clotting.

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

(9) Cordyceps Flowers, Dang Shen and Ginger might increase the **risk of bleeding during and after surgery.** Stop taking them at least 2 weeks before a scheduled surgery.

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

(11) For Thyroid health: Add some cruciferous vegetables eg: broccoli, cabbage, cauliflower or mustard vegetables, etc to balance your thyroid hormones level.

(12) For vegetarians: Remove the chicken and reduce the cooking time from 3 hours to 1 hour.

Caution: To drink this soup at an interval of ½ to 1 hours from medications. If you are pregnant, breastfeeding or having any medical conditions, please seek your health expert before consuming this soup.