



Do you know alcohol hangover can cause headaches, stress & anxiety? **Kudzu root (Ge Gen in Chinese)** is known to be beneficial for reducing headaches, alcoholism & alcohol hangover's symptoms. In addition, **Dan Sheng**, in **Chinese herbology** is known for improving headaches and insomnia caused by rapid heartbeat & tight chest.

Serving size: 4 persons.

Benefits: Helps to improve alcoholism, dizziness, headaches, Pre-Menstrual Syndrome, menopause symptoms, upset stomach, weak uterus and strengthen heart, lung, kidney, liver, skin & spleen health, etc.

Ingredients

- (1) Dan Sheng** - 32 thin slices. (8 grams) or Dan Sheng powder - 1 teaspoon. (5 grams)
 - (2) Kudzu Root, 5-6 inches length** - 1 piece. Wash & peel its skin and cut into 1 inch cube size, about 16-20 pieces.
 - (3) Carrot, 8 inches length** - 1 no. Wash & scrub 1 teaspoon of salt on the **Carrot's skin** with a clean toothbrush to remove its impurities. Then cut into 8 pieces.
 - (4) Dried Figs** - 2 nos.
 - (5) Garlic** - 4 cloves. (4 grams)
 - (6) Mung Fish** - 4 nos or **Dried Cuttlefish** - 1 small piece.
 - (7) Pork Ribs, 1 inch x 2 inch size** - 8 pieces. (You can replace with skinless chicken thigh & reduce meat stewing time from 3 hours to 2 hours)
 - (8) Red Dates, Seedless** - 4 nos.
 - (9) Goji Berries** - 12 nos. (2.4 grams)
 - (10) Olive Oil** - 1 teaspoon. **Alternative healthy oils eg: Chia seeds oil or Coconut oil, etc.**
 - (11) Pepper to taste.**
 - (12) Salt** - 1 teaspoon.
 - (13) Water** - 900-1000 ml. **Healthy water choice: Purified, distilled or mineral water.**
- * Daily recommended dosage: Dan Sheng not more than 30 grams; Garlic 2-4 cloves; Goji Berries 15-30 grams & Red Dates 3-20 nos.**

Preparation

- (1) Parboil **Pork Ribs** in hot water for 1 minute to remove impurities. Discard the water and wash the **Pork Ribs** clear of excess fats.
- (2) Put **washed Pork Ribs, Mung fish or Cuttlefish & Kudzu root** into a stewing pot (Healthier choice: glass, corning or clay pot) & pour water into the stewing pot then turn on

high flame. Once the water start to boil, turn to low flame & stew for 3 hours.

(3) After 3 hours, discard soup's surface excess oil, then put washed **Dan Sheng** slices if **Dang Shen** is not in powder form, **Carrot, Dried Figs, Garlic & Red Dates** into the stewing pot & stew for another hour.

(4) Once 1 hour is up, add **Goji Berries, Olive Oil, Pepper & Salt** and stir well. Turn off flame & let the soup steep for 10 minutes before serving.

Note

(1) Suitable for everyone **especially those who are Alcoholics or have hormonal imbalance issues eg: Pre-menstrual Syndrome or menopause.**

(2) **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.**

(3) **Dan Sheng** 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.**

(4) 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.

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

(6) 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.

(7) **Kudzu root** is not suitable for those who have cysts or fibroids related to breast & uterus because **Kudzu root** contains natural estrogen like isoflavones: daidzein & daidzin which may aggravate its condition.

(8) **Kudzu root** is not advisable for women who pregnant or breastfeeding because **Kudzu root** contains natural estrogen like isoflavones: daidzein & daidzin which may affect foetus's growth.

(9) **Kudzu root** is not suitable for liver diseases such as hepatitis, because **Kudzu root** may

aggravate their condition.

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

(11) **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 hour from medications. If you are pregnant or having any medical conditions, please seek your health expert before consuming this soup.