

## Beetroot Bitter Gourd Soup For Cardiovascular Health 甜菜根苦瓜汤为心血管健康。



Is your blood pressure within normal range? Your heart works to ensure that your five or so liters of blood continue to pump throughout your body. Blood pressure is the force that your blood exerts onto the walls of blood vessels, and doctors measure it to determine how healthy your blood vessels and heart are.

In folk medicine, **Beetroots** and leaves have been used to treat a wide variety of ailments. In **Traditional Chinese Medicine**, **Beetroots** have **neutral energy** and sweet taste which helps to improve **heart-fire**, heart weakness, irritability, restlessness, constipation, herpes, **regulate blood pressure**, and detoxify the liver, etc. Added with other ingredients like **Bitter Gourd, Carrot, Chinese Barley and Dang Shen**, which help to improve health of cardiovascular system, liver, lung, spleen-stomach, regulate blood glucose level, boost immune system, detoxify the liver and purify the blood, etc.

**Serving size:** 4 persons = 4 rice bowls.

**Prep Time : 30 mins**

**Cook Time : 1 hour**

**Total Time : 1 ½ hours**

**Benefits:** Helps to improve health of cardiovascular system, liver, lung, spleen-stomach, regulate blood glucose level, boost immune system, detoxify the liver, purify the blood **and especially those who have heart-fire and irregular blood pressure, etc. (Symptoms of Heart-Fire: Agitation, bitter taste in the mouth, blood in the urine or dark urine, heart palpitations, insomnia, mental restlessness, mouth & tongue ulcers, thirsty, etc. Tongue: Yellow coating with possible midline crack & red tip)**

(1) **Beetroot** - 1 no = 300 grams. Wash & peel its skin and cut into 1/2 inch thickness x 2 inches square size. Then soak the **cut Beetroot** with the **Lemon slices** in some water for 10-20 minutes to remove its muddy taste. After 20 minutes, rinse with water.

(2) **Bitter Gourd** - 1 no = 100 grams. Wash & scrub 2 teaspoons of salt on the **Bitter Gourd's skin** with a clean toothbrush to remove its impurities. Remove its seeds and cut into 2 inches square size = 8 pieces. Then soak the **cut Bitter Gourd** with 1 tablespoon salt in some water for 10-20 minutes to remove its bitter taste. After 20 minutes, rinse with water. **You can add more if you have heaty body system or high blood pressure.**

(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. Wash & cut into 8 pieces.

(4) **Chinese Barley** - 2 tablespoons. Wash & soak in some hot water for 10-20 minutes to soften it. After 20 minutes, rinse with water.

(5) **Chinese Pear** - 1 no. Wash & scrub 1 teaspoon of salt on the **Chinese Pear's skin** with a clean toothbrush to remove its impurities. Then cut into 16 pieces. Remove the core.

(6) **Dang Shen** - 16-24 thin slices. (4-6 grams)

- (7) **Dried Small Mushrooms** – 12 nos. Wash & soak in some hot water for 10-20 minutes to soften it. After 20 minutes, rinse with water.
- (8) **Ginger** – 2 thin slices.
- (9) **Lemon** – 2 thin slices.
- (10) **Red dates, seedless** – 4 nos.
- (11) **Goji berries** – 12-20 nos. (2.4-4 grams) **You can add more if you have cold body system, anemia or low blood pressure.**
- (12) **Olive Oil** – 1 teaspoon. Alternative healthy oils eg: chia seeds oil or coconut oil, etc.
- (13) **Pepper** to taste.
- (14) **Salt** – 1 2/3 tablespoons. (1 tablespoon of salt = 3 teaspoons of salt)
- (15) **Water** – 900-1000 ml. (250 ml water = 1 rice bowl size) **Healthy water choice: Purified, distilled or mineral water.**

**\* Daily Recommended Intake: 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) 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 1 hour.
- (2) After 1 hour, discard soup's impurities, add **Goji Berries, Olive Oil, Pepper and 1 teaspoon of Salt**, then stir well. Turn off flame and let the soup steep for 10 minutes before serving.

### **Note**

- (1) Suitable for everyone **especially for those who have heart-fire and irregular blood pressure. Can take this soup at 1-2 times weekly for better cardiovascular health.**
- (2) **Moderate intake of Beetroots and Beet greens** for those who are prone to kidney

stones because they contain high amounts of oxalic acid, known as **Betalains** which may cause kidney stones formation and worsen kidney disease.

**(3) Moderate intake of Beetroots** for those who have kidney disease because they contain Potassium which may cause aggravate its condition. (**1 cup of Beetroot**, weight at 170 grams has **518 mg Potassium = 15% Daily Value of Potassium**. Daily Value of Potassium is 3500 mg)

**(4) Excessive of Beetroots** may cause low calcium levels because it contains high amounts of oxalic acid, known as **Betalains** which will **reduce Calcium absorption**.

**(5) Moderate intake of Bitter Gourd** for those who have **Cold Body System or Weak Stomach** because it has **Cold Energy** which may aggravate its conditions.

**(6) Moderate intake of Bitter Gourd** for those who are **pregnant** because it may induce abdominal cramps, diarrhea, bleeding, contractions and miscarriage.

**(7) Dang Shen** 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**.

**(8) Moderate intake of Dang Shen and Ginger** for those who are on **blood thinning medications** or have **bleeding disorders** because **Dang Shen and Ginger** may slow down blood clotting.

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

**(10) 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.

**(11) 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**.

**(12) 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.

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



## Beetroot Bitter Gourd Soup

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