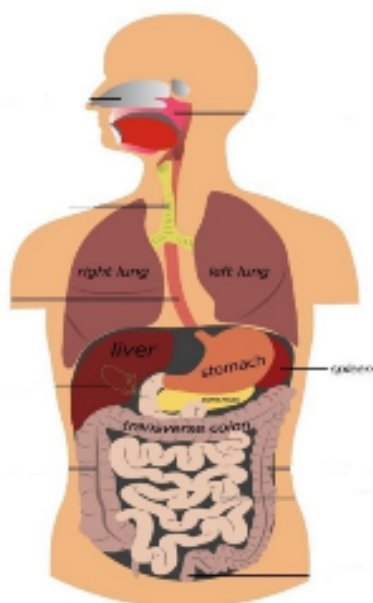


## White Green Radish Carrot Soup For Gastrointestinal System Health

白青胡萝卜汤为肠胃系统健康



Digestion is the complex process of turning the food you eat into nutrients which the body uses for energy, growth & cell repair needed to survive. The digestion process also involves creating waste to be eliminated. An imbalanced, damaged or poorly functioning digestive system whether due to antibiotic use, diet and lifestyle or overconsumption of irritating foods will cause digestive problems, mood disorders, immune system disruption and other health problems. Detoxification through taking the right food sources & herbs is one way to help **eliminate toxic substances from our gastrointestinal system naturally & improve gastrointestinal system's health!**

**In Chinese Medicine, White Radish & Green Radish** are known to be beneficial in improving digestion due to food stagnation, detoxify our body's toxins and purify our blood, etc. According to the **Linus Pauling Institute, Glucosinolates, Myrosinase &**

**Isothiocyanate** in **Radishes** may help prevent risk of lung, breast, colorectal and prostate cancer by inhibiting cells from becoming cancerous. Added with other ingredients like **Carrot, Chinese Barley and Dang Shen**, they help to improve health of five main organs: Heart, Lungs, Spleen, Liver & Kidney and boost immune system, etc.

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

**Benefits:** Helps to improve blood sugar level, cardiovascular health, digestion, dehydration, **high blood pressure, high cholesterol, hyperthyroidism**, respiratory symptoms (Eg: Asthma, bronchitis, cold, cough, flu & sinus, etc), prostate problems, skin problems, protects **against free radical damage**, relieve symptoms of piles, bowel movements & metabolism, soothes mouth sores & sore throat, strengthen immunity, etc. **Has anti-cancer & detoxifying effect on blood, bladder, gastrointestinal system, kidney, liver, gall bladder & prostate, etc. Aid in weight loss.**

### **Ingredient**

- (1) Green Radish** - 150 grams. Wash & scrub 2 teaspoons of salt on the **Green Radish's skin** with a clean toothbrush to remove its impurities. Then cut into 8 pieces.
- (2) White Radish** - 150 grams. Wash & scrub 2 teaspoons of salt on the **White Radish's skin** with a clean toothbrush to remove its impurities. Then cut into 8 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) 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) Red dates, seedless** - 4 nos.

**(10) Goji berries** - 12-20 nos. (2.4-4 grams) **You can add more if you have cold body system, anemia or low blood pressure.**

**(11) Olive Oil** - 1 teaspoon. **Alternative healthy oils eg: Chia seeds oil or Coconut oil, etc.**

**(12) Pepper** to taste.

**(13) Salt** - 2 1/3 tablespoons. (1 tablespoon of salt = 3 teaspoons of salt)

**(14) 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 washed **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 starts 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 digestion problems and want to detoxify their gastrointestinal system. Can take this soup at 1-2 times weekly for better gastrointestinal system health.**

**(2)** Moderate intake of **White Radish** for those who have **Blood deficiency, Cold body**

**system, Diarrhea, pregnant & breastfeeding women** because it has cool energy which may cause anemia, low blood pressure & low energy (Qi deficiency).

**(3) Moderate intake of Green Radish and White Radish** for those who have gallstones, gastritis, gastric ulcers, hypothyroidism & nausea, etc because they may aggravate its condition.

**(4) Do not consume White Radish** together with **Ginseng** because **White Radish** have cool energy which may reduce **Ginseng**'s efficacy.

**(5) 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.**

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

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

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

**(9) Dang Shen, Red Dates, Green Radish and White Radish** 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.**

**(10) 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.

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