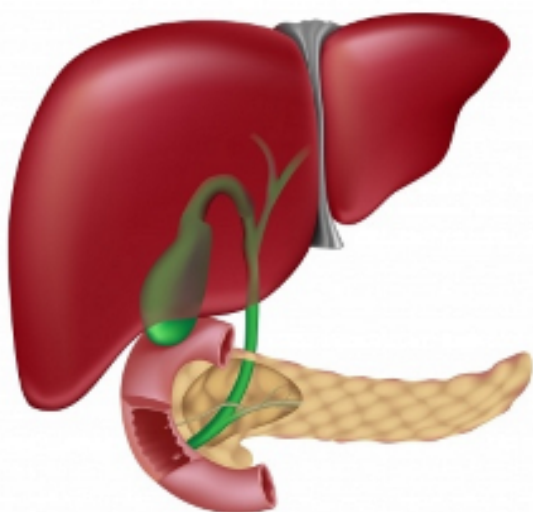


Watercress Bittergourd Soup For Liver & Gallbladder Health

西洋菜苦瓜汤为肝胆健康



Our liver is the primary organ of detoxification which filters drugs, nutrients and toxins from the body, produces bile to help digest fats, and removes toxic bilirubin from the blood. **An unhealthy diet and poor lifestyle can overwork and overload the liver, leaving it unable to process toxins and fat efficiently. It also may cause liver problems like fatty liver, hepatitis, raise the risk of obesity, cardiovascular disease, digestive problems and many other health problems. Detoxifying our liver is one way to keep our liver healthy!**

In **Chinese Medicine**, **Watercress** is known to be beneficial in lubricating our lungs, improving cardiovascular problems & digestion, detoxify our liver, relieve alcohol hangover and purify the blood, etc. **Watercress** has high **Iodine** content which helps to improve Hypothyroidism. Along with **Antioxidants**, it has **Anti-cancer properties** which help to

prevent risk of prostate, colon, lung and breast cancer, etc. Added with other ingredients like **Bitter Gourd, 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.

Prep Time : 30 mins

Cook Time : 1 hour

Total Time : 1 ½ hour

Benefits: Helps to improve blood glucose level, bone health, canker sores on lips or tongue, swollen gums, cardiovascular problems (Eg: High blood pressure & high cholesterol, etc), digestion, hair growth, **hypothyroidism**, respiratory tract problems (Eg: Cold, flu, sore throat & yellow phlegm, etc), aid weight loss, detoxify the liver, relieve alcohol hangover, purify the blood, boost immune system, protects against free radical damage and prevent risk of breast, colon, lung & prostate cancer, etc and **especially those who have liver-fire. (Liver-fire symptoms: Anger, bitter taste in the mouth, constipation, dark urine, headache, insomnia, red eyes & tinnitus, etc. Tongue: Red colour & yellow coating.)**

Ingredients

(1) 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. Cut off both tips of the bitter gourd and then cut it into quarter lengthwise. Scrape out all the seeds and the pith with a metal spoon. Removing the pith of the bitter gourd helps to reduce the bitterness. Then cut it into slices of 1/2 inch thickness = 24 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.

(2) Watercress - 200grams. Wash the **Watercress** & soak in rice vinegar or apple cider vinegar solution for 2 minutes. After 2 minutes, rinse the **Watercress** with water & cut into

2 inches length. **(Vinegar solution: 250ml of rice or apple cider vinegar to 750ml of water. Ratio: 1:3)**

(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 – 1 2/3 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 **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 Liver-Fire. Can take this soup at 1-2 times weekly for better liver health.**

(2) Moderate intake of Watercress for those who have **bladder problems or cystitis** because **Watercress** has diuretic effect and may aggravate their conditions.

(3) For those who are on **Hypothyroidism medication**, take in moderation BUT for those who have **Hyperthyroidism**, to avoid taking because the iodine in **Mushrooms and Watercress** may increase thyroid hormones level.

(4) Moderate intake of Bitter Gourd and Watercress for those who have **Cold Body System or Weak Stomach** because they have **Cold Energy** which may aggravate their conditions. **You can add Goji Berries or Red Dates to neutralize Bitter Gourd and Watercress's Cold Energy.**

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

(6) 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.**

(7) 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.

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

(9) 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.

(10) Dang Shen, Red Dates and Watercress 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**.

(11) 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.

(12) 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.