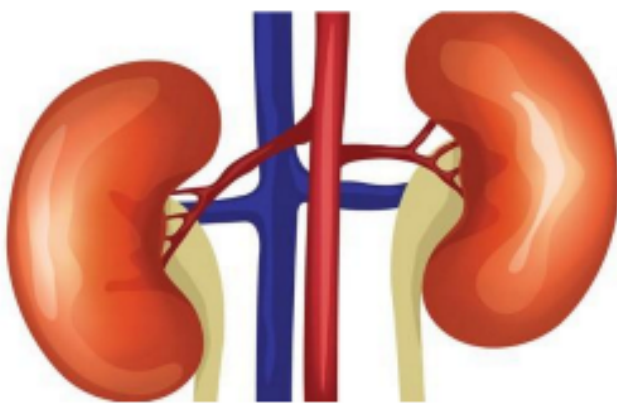


Lotus Root Walnuts Carrot Soup For Kidney's Health 莲藕核桃胡萝卜汤为肾脏健康



The **Kidney's** primary function is cleaning the blood by removing waste products and excess fluid from our body through urine production. In **Traditional Chinese Medicine**, the Kidneys store our essence or the basic materials that make up our constitution and the reproductive fluids that create life. All organs are dependent on the Kidneys for proper growth, reproduction, water flow and control and the balance of "fire and water".

Detoxifying & strengthening our kidney is one way to keep our kidney healthy!

In **Chinese Medicine**, **Raw Lotus Root** has **Cold energy** that helps reinforce energy, nourishes nerves, dispels pathogenic heat, improve bowel movements, removes blood stagnation and stops bleeding, etc. **Cooked Lotus Root** has slightly **Warm energy** which is beneficial in improving brain health, digestive system, excessive sweating, fertility, skin problems, nourish blood, relieve diarrhea and strengthen the heart, lung, kidney & spleen,

etc. In addition, **Walnuts** are well-known to be beneficial in improving brain and kidney health, etc. 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.

Prep Time : 30 mins

Cook Time : 1 hour

Total Time : 1 ½ hour

Benefits: Helps to improve brain health, digestive system, excessive sweating, fertility, intestinal inflammation, respiratory tract problems (Eg: Asthma, cough & phlegm, etc), skin problems, nourish blood, reduce cardiovascular problems (Eg: High blood pressure & high cholesterol, etc), relieve diarrhea, boost immune system and strengthen the heart, lung, kidney & spleen, etc. **Aids weight loss.**

Ingredients

(1) Lotus Root - 1 no = 250-300 grams. Wash & scrub 1 tablespoon of salt on the **Lotus Root's skin** with a clean toothbrush to remove its impurities. Then cut into round thin slices = 32 pieces.

(2) Walnuts - 12-20 nos.

(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 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 Walnuts, Carrot, 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 ½ hour, add washed **Walnuts & Carrot** to the soup and stew for another 1/2 hour.

(3) After final ½ hour, discard soup's impurities, then add washed **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 weak Kidney or Spleen. Can take this soup at 1-2 times weekly for better Kidney health.**

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

(3) Moderate intake of Raw Lotus Root for those who have **Cold Body System or Weak Stomach** because it has **Cold Energy** which may aggravate their conditions. **You can add Goji Berries or Red Dates to neutralize Raw Lotus Root's Cold Energy.**

(4) 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.**

(5) 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.

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

(7) 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.

(8) Dang Shen, Raw Lotus Root 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.**

(9) 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.

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.



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