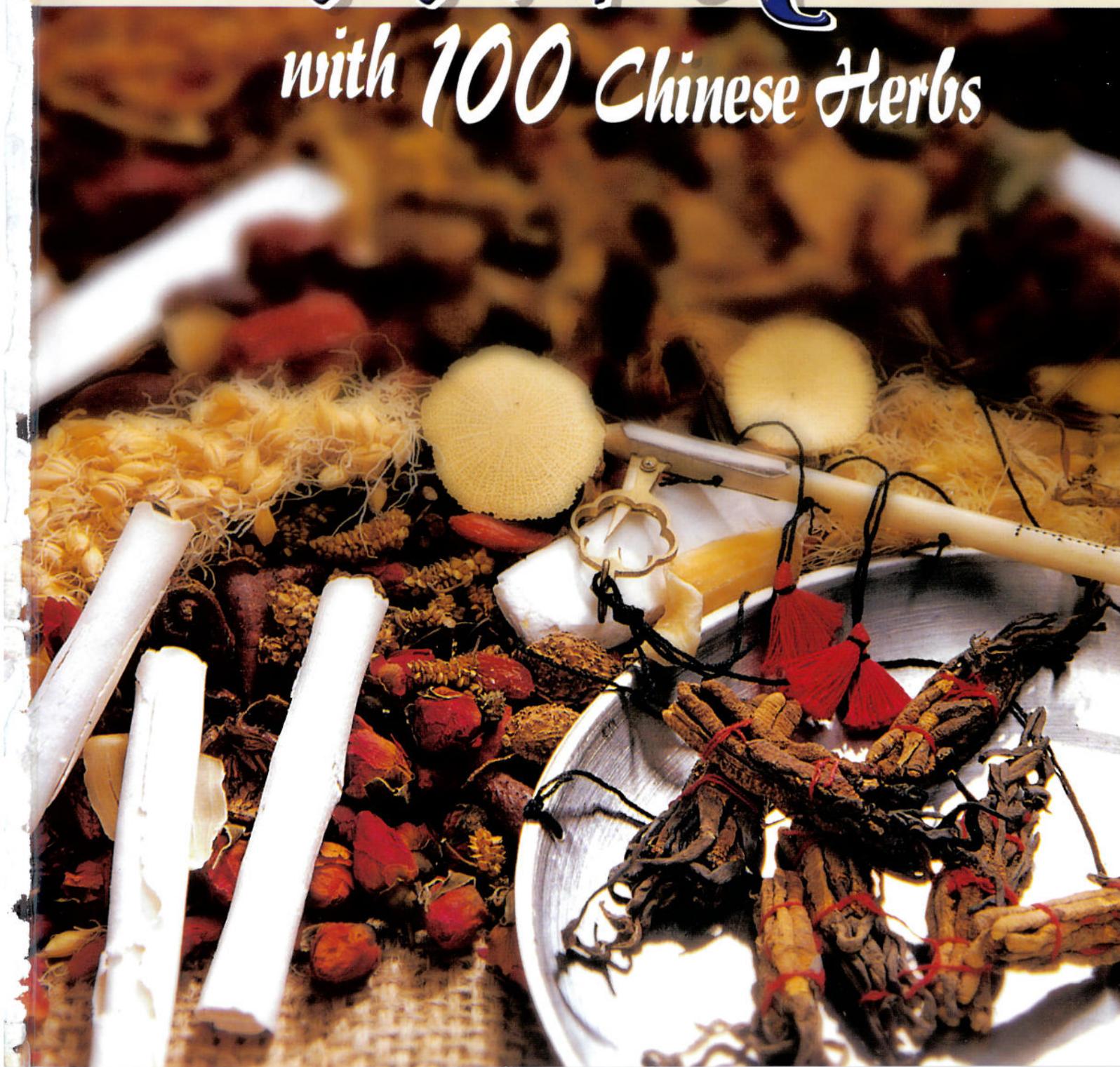


百類中藥 防老
Anti-ageing Recipes 老食譜

with 100 Chinese Herbs







編者話

留住「花樣年華」一直是古今中外不少人士的夢想，但歲月流金，沒有人可以凝聚飛逝時光。我們唯一可以做的，就是養生健體，延緩衰老，其中一個方法就是從日常飲食中下功夫。

現代藥理實驗證明，某些中藥本身便含有抗衰老的成分，只要配搭得宜，烹調有道，抗衰老食療便不假外求。

本書分為藥物介紹與食譜兩大部分，編著者戴麗嫦女士以其對中醫及中藥的豐富認識，扼要地介紹了過百款中藥的藥性及食療價值，並針對人體內各主要臟腑，精心調配出一百款材料既簡單，烹調又容易的防老食譜，還詳列其藥性、功效以及服用宜忌，使不同年齡的你能夠卻病防老，神采飛揚。

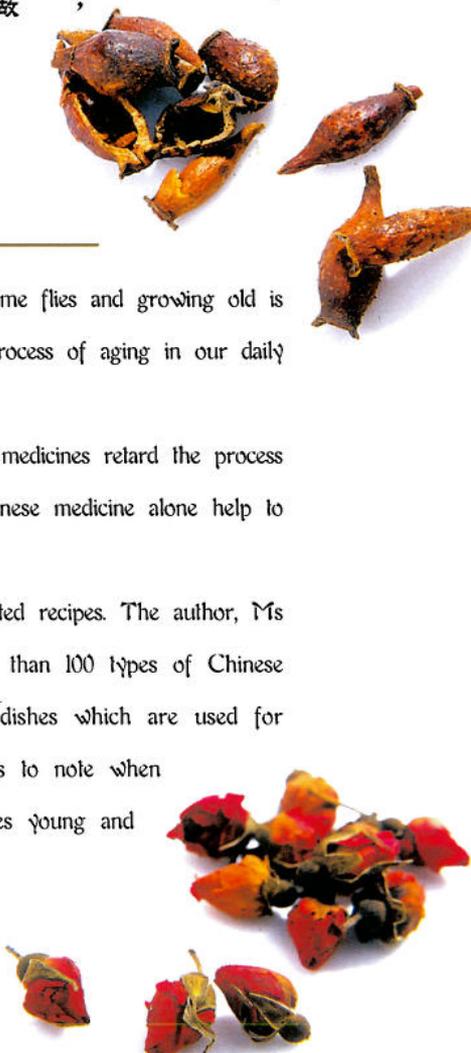


FOREWORD

Keeping ourselves young is a dream of people in the past and nowadays. But time flies and growing old is a fact that cannot be altered. What we can do is strength the body and retard the process of aging in our daily life.

Modern pharmacological researches prove that the components of some Chinese medicines retard the process of aging. With appropriate combination and good cooking method, these kinds of Chinese medicine alone help to keep us young.

This book is composed of two parts: Introduction of Chinese medicine and related recipes. The author, Ms Tai Lai Shuang, with her rich knowledge about Chinese medicine, introduces more than 100 types of Chinese medicine and their nutritional values. She also creates 100 simple and easily made dishes which are used for illnesses of the five organs. Detailed information of the nature, functions and points to note when using the introduced medicine is given. With this book, people can keep themselves young and healthy.



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紅棗浮小麥茶

Red Dates and Fu Xiao Mai Tea



紅棗

甘、平

Red Dates

Sweet, neutral



紅棗含蛋白質、脂肪、碳水化合物、礦物質、纖維素和維他命等。功能補血養顏、滋潤肌膚、治淡汗、止盜汗。

紅棗配合浮小麥煲水作日常飲料，對入睡後流淡汗者有頗佳療效。

* 「紅棗浮小麥茶」可治淡汗。

Red dates contain protein, fat, carbohydrates, minerals, cellulose and vitamins. They tonify the Blood, retard the process of ageing, moisten the skin, treat cold sweats and prevent night sweating.

Cooked with Fu Xiao Mai and water and drunk daily, red dates are good for treating cold sweats when sleeping.

* Red Dates and Fu Xiao Mai Tea treats cold sweats.

一人份量

材料：

紅棗	十粒
浮小麥	五錢

做法：

1. 把紅棗去核，連同浮小麥放入煲內。
2. 加入八杯水，煮一小時即成。
(連服七天見效)

Serves 1

Ingredients:

10 red dates
19 g Fu Xiao Mai

Method:

1. Remove stones from red dates. Put red dates and Fu Xiao Mai into pot.
2. Add 8 cups of water. Cook for 1 hour and serve.
(Drink daily for 7 days.)

南棗北芪湯

Large Dates and Bei Qi Soup

一人份量

材料：

南棗	十粒
北芪	二錢
槐花炭	四錢
地榆炭	四錢
側柏炭	四錢

做法：

將各材料放入煲內，加入適量清水煮一小時即成。
(適合作日常飲料)

忌：飲酒及進食刺激食品。



南棗體形圓而略長，含蛋白質、脂肪、碳水化合物、纖維素和礦物質等。

功能補血補氣、固腎壯胃、潤肺健脾。配合當歸煎水飲用，對婦女有補血療效。若配合北芪煎湯又可補氣虛。

南棗配以合桃、麥芽糖製糕點，功能補腦補腎，增強記憶力，男女老幼皆宜。

*「南棗北芪湯」可治體虛腸紅便血。

Large dates are oval in shape. They contain protein, fat, carbohydrates, cellulose and minerals.

Large dates tonify the Blood and Qi, firm the Kidneys, strengthen the Stomach, moisten the Lungs and invigorate the Spleen. Cooked with Dang Gui and water, large dates tonify the Blood of women. Cooked with Bei Qi to make soup, large dates tonify the Qi.

Large dates can be made into cakes with walnuts and malt. These cakes tonify the Brain and Kidneys, improve memory and are good for people of all ages.

* Large Dates and Bei Qi Soup treats asthenia and faeces containing blood.

Serves 1

Ingredients:

10 large dates

8 g Bei Qi

15 g Huai Hua Tan

15 g Di Yu Tan

15 g Ce Bai Tan

Method:

Put all the ingredients into pot. Add water and cook for 1 hour. Serve.

(This soup can be drunk daily.)

Note: Avoid this soup when you are drinking wine or eating hot food.



甘、平 南棗

Sweet, neutral Large Dates

元肉棗仁糖水

Dried Longans and Date Nut Sweet Soup



元肉

甘、溫

Dried Longans

Sweet, warm



元肉又名桂圓、龍眼。內含豐富葡萄糖、蔗糖、蛋白質、脂肪酸類和膽鹼。功能益心脾、補氣血、防脫髮。

主治因神經衰弱引致的心悸怔忡，健忘失眠等症。又能治血氣不足、血虛暈眩、貧血乏力、老弱體虛及腦力衰退等。

元肉配合首烏、當歸及紅棗煲糖水，對產後血虛婦女有補血食療功效。若加入棗仁、茯神和燈芯煲糖水又能寧神安睡。

* 連服「元肉棗仁糖水」數日，對輕度失眠患者有寧神安睡之食療功效。

Dried longans are also called Gui Yuan or Long Yan. They are rich in glucose, sucrose, protein, fatty acids and choline. They benefit the Heart and Spleen, tonify the Qi and Blood and prevent hair loss.

Dried longans are good against cardiac palpitations, trance, forgetfulness and insomnia due to neurasthenia. They are used for Blood-Qi deficiency, dizziness due to Blood-asthenia, weakness due to anaemia, asthenia of the elderly and failing mentality.

Cooked with Shou Wu, Dang Gui and red dates to make sweet soup, dried longans are good for Blood-asthenia of women after childbirth. If date nuts, Fu Shen and Deng Xin are added, the sweet soup calms the Spirit and is good for disturbed sleep.

* Drinking consecutively for a few days is good for mild insomnia.

一人份量

材料：

元肉	二十粒
炒棗仁	三錢
茯神	三錢
燈芯	四分

做法：

將各材料一同放入煲內，加五碗清水煮四十五分鐘即成。

忌：凡外感表徵初起，熱盛未退，痰黃者均忌服用以元肉為主的湯水。

Serves 1

Ingredients:

20 dried longans
12 g stir-fried date nuts
12 g Fu Shen
2 g Deng Xin

Method:

Put all the ingredients into pot. Add 5 bowls of water and cook for 45 minutes. Serve.

Note: People who have common colds caused by exogenous evils in the early stage, with fever not going down and yellow sputum, should not have Dried Longans and Date Nut Sweet Soup.

生地麥冬茶

Sheng Di and Mai Dong Tea

一人份量

材料：

生地	四錢
京元參	四錢
麥門冬	四錢

做法：

先將各材料洗淨，連同八碗清水放煲內煮四十五分鐘即可飲用。

忌：脾胃虛寒者忌用。



生地又名大生地、生地黄，為玄參科地黃屬植物懷慶地黃的根。含有甾醇、甘露醇、生物鹼、地黃素、葡萄糖、脂肪酸、氨基酸及維他命A等。

生地功能涼血滋陰，主治熱性疾病等症。

*「生地麥冬茶」對由內熱旺盛，虛火上升所引致的牙齦浮腫、牙齒疼痛患者有漸消腫痛的食療功效（需連服三至五天）。

Sheng Di is also called Da Sheng Di and Sheng Di Huang. It is the root of *Rehmannia glutinosa* (Gaertn.) Libosch., f. *hueichingensis* (Chao et Schib) Hsiao. It contains sitosterol, mannitol, alkaloid, rehmannin, glucose, fatty acids, amino acids and Vitamin A.

Sheng Di cools the Blood, nourishes the Yin, thus treating febrile diseases.

* Good for swelling of gums and toothache due to exuberant Heat and Fire going upward. (Drink for 3 to 5 consecutive days.)



甘、苦、寒 生地
Sweet, bitter, cold Sheng Di

Serves 1

Ingredients:

15 g Sheng Di
15 g Jing Yuan Shen
15 g Mai Men Dong

Method:

Wash all the ingredients. Put them and 8 bowls of water into pot. Cook for 45 minutes and serve.

Note: People who have Cold-asthenia of the Stomach should not drink Sheng Di and Mai Dong Tea.

麥冬化痰湯

Mai Dong Soup



麥門冬

甘、微苦、微寒

Mai Men Dong

Sweet, slightly bitter, slightly cold



麥門冬又稱為麥冬，為多年生常綠草本植物，入藥用其紡錘形塊根。主產地為四川、浙江及湖北等。以肥大、質柔潤者為上品。

麥門冬含有多種甾體類麥門冬皂甙、谷甾醇、豆甾酸、氨基酸等。功能潤肺清心、養胃生津。主治陰虛內熱，衰弱性體質之熱咳、乾咳及熱病津傷、口乾燥渴、大便燥結等症。麥門冬配合生地、玄參煎水飲用有解燥利便的食療功效。

經現代科學實驗證明，麥門冬具有對抗心肌梗塞、改善心肌營養血流及提高機體免疫功能的作用。故此，麥門冬具有防老功效。

*「麥冬化痰湯」對久咳患者有生津、容易吐痰及漸漸化痰功效（素食者可不用肉類，待湯煲好後加入蜂蜜拌勻飲用）。

Mai Men Dong is also called Mai Dong and it is a kind of evergreen perennial herb. Its hammer-shaped root tuber is used as medicine. Mai Men Dong grows mainly in places like Sichuan, Jie Jiang and Hu Bei in China. Good Mai Men Dong is thick, big, soft and moist.

Mai Men Dong contains minerals like several types of sitosterol, stigmasterol and amino acids. It moistens the Lungs, clears the Heart, invigorates the Stomach and promotes secretion of body fluids. Mai Men Dong treats mainly phthisical coughs due to Yin-asthenia, Inner Heat and asthenia of the body, impairment of body fluids, dire thirst and dry stools due to febrile diseases. Mai Men Dong can be cooked with Sheng Di and Xuan Shen to make a drink which helps excretion.

Scientific research proves that for myocardial infarction, Mai Men Dong improves the circulation of nutrition and Blood in the cardiac muscle and the immune system. Therefore Mai Men Dong retards the process of ageing.

* For people who have prolonged coughs, this soup promotes the secretion of body fluids, helps expectoration of sputum and eliminates sputum gradually. (Vegetarians can cook the soup without meat and add honey after it is cooked.)

二人份量

材料：

麥門冬	五錢
北杏	三錢
川貝	一錢
豬腱	四兩
陳皮	1/4 個

調味料：

鹽	適量
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做法：

1. 先將各材料洗淨，連同經已飛水沖淨的豬腱一同放入煲內。
2. 加入適量沸水煲一小時半，下鹽調味即成。

忌：脾胃虛寒、瀉瀉者忌用。

Serves 2

Ingredients:

19 g Mai Men Dong
12 g bitter almonds
4 g Chuan Bei
150 g shin of pork
1/4 dried tangerine peel

Seasoning:

salt

Method:

1. Wash all the ingredients. Put them with scalded and rinsed shin of pork into pot.
2. Add boiling water and cook for 1 1/2 hours. Season with salt and serve.

Note: People who have Cold-asthenia of the Spleen and Stomach or diarrhoea with loose stools should not drink this soup.

棗仁烏雞湯

Date Nut and Black-skinned Chicken Soup

四人份量

材料：

炒酸棗仁	四錢
首烏	五錢
淮山	三錢
杞子	二錢
天麻	三錢
烏骨雞	一隻

調味料：

鹽	適量
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做法：

1. 先將各材料洗淨，把烏骨雞去皮飛水沖淨。
2. 把各材料放入煲內，再注入適量清水煲兩小時，加鹽調味即成。
(飲湯食肉)

忌：有實邪鬱火者忌用。



酸棗仁又名棗仁，屬鼠李科植物酸棗的種子。含有棗酸、脂肪油、揮發油、甾醇及大量維他命。功能寧心安神、養肝斂汗。主治心悸多汗、心神恍惚、煩躁不寧、睡不安眠、神經衰弱等症。

酸棗仁配合黨參、白芍煎茶作日常飲用，對心悸患者有安心寧神之效。配以元肉、遠志煎茶於睡前飲用，對失眠患者有寧神安睡的食療功效。

*「棗仁烏雞湯」對婦女因血虧失眠引致面青唇白、頭暈目眩，有調經補血及安神之效。

Sour Date Nuts are also called Date Nuts. They are the seeds of *Zizyphus jujuba* mill. var. *spinosa* Bunge [*Z spinosa* (Bunge) Hu]. They contain fatty oil, volatile oil, sitosterol and rich vitamins. Sour Date Nuts calm the Heart and the Spirit, invigorate the Liver and restrain sweating. They mainly treat cardiac palpitations, trance, irritation and neurasthenia.

Cooked with Dang Shen and Bai Shao to make a tea for daily use, Sour Date Nuts calm the Heart and Spirit of people who have cardiac palpitations. Cooked with dried longans and Yuan Zhi to make tea and drunk before sleep, Sour Date Nuts are good for insomnia.

* For women who have pale complexion and dizziness due to Blood-deficiency and insomnia, Date Nut and Black-skinned Chicken Soup regulates menstruation, tonifies the Blood and calms the Spirit.



甘、酸、平 酸棗仁

Sweet, sour, neutral Sour Date Nuts

Serves 4

Ingredients:

- 15 g stir-fried sour date nuts
- 19 g Shou Wu
- 12 g Hual Shan
- 8 g Qi Zi
- 12 g Tian Ma
- 1 black-skinned chicken

Seasoning:

salt

Method:

1. Wash all the ingredients. Skin, scald and rinse chicken.
2. Put all the ingredients into pot. Add water and cook for 2 hours. Season with salt and serve. (Drink the soup and eat the meat.)

Note: People who have Inner Heat should not drink this soup.

栝子仁養心湯

Bai Zi Ren Soup



栝子仁

甘、辛、平

Bai Zi Ren

Sweet, acrid, neutral



栝子仁又稱為栝實，是栝科常綠喬木側栝的種仁，經去殼碾皮才應用。功能養心安神、潤腸通便、益脾胃。

主治血虛神經衰弱、睡不安眠、心悸多汗、腸燥便秘及風濕等症。

栝子仁配合松子仁、火麻仁磨幼糊煮成糖水，對便秘者有食療功效。栝子仁配合酸棗仁、北芪、遠志、茯神、五味子、地黃及人參等煎水飲用對思慮過度、不能安眠、神經衰弱者均有食療功效。

*「栝子仁養心湯」對思慮過度、神經衰弱、不能安眠者有寧神安睡的食療功效。

Bai Zi Ren are also called Bai Shi. They are the dried kernels of *Platycladus Orientalis* (L.) Franco (Fam. Cupressaceae). Kernels are skinned before being used as medicine. Bai Zi Ren calms the nerves, calms the Spirit, unlocks the bowels and benefits the Spleen and Stomach.

Bai Zi Ren mainly treats neurasthenia due to Blood-asthenia, disturbed sleep, cardiac palpitations, excessive sweating, constipation and rheumatism.

Grated with Pine Nuts and Huo Ma Ren to make a fine mixture and cooked into sweet soup, Bai Zi Ren is good for constipation. Cooked with sour date nuts, Bei Qi, Yuan Zhi, Fu Shen, Wu Wei Zi, Di Huang and Ginseng to make a drink, Bai Zi Ren is good for worry, disturbed sleep and neurasthenia.

* Bai Zi Ren Soup is good for worry, neurasthenia and disturbed sleep.

二人份量

材料：

栝子仁	六錢
酸棗仁	三錢
北芪	三錢
遠志	三錢
茯神	三錢
五味子	一錢半
地黃	三錢
黨參	五錢
豬心	半個

做法：

先將各材料洗淨，連同經已飛水沖淨的豬心放入煲內，加入適量清水煲二小時，下鹽調味即可飲用。

忌：便溏及多痰者忌用。

Serves 2

Ingredients:

23 g Bai Zi Ren
12 g sour date nuts
12 g Bei Qi
12 g Yuan Zhi
12 g Fu Shen
6 g Wu Wei Zi
12 g Di Huang
19 g Dang Shen
1/2 pig's heart

Method:

Wash all the ingredients. Put them with scalded and rinsed pig's heart into pot. Add water and cook for 2 hours. Season with salt and serve.

Note: People who have loose stools and a large amount of sputum should not drink this soup.

五味子浸桂魚

Mandarin Fish Soaked in Wu Wei Zi

四人份量

材料：

五味子	三錢
桂魚	一條（約十兩）
浸透陳皮	1/4 個
蔥絲	適量

調味料：

醬油	一湯匙
糖	半茶匙
油	半湯匙
生粉	1 1/2 茶匙
蒸魚汁	四湯匙

做法：

1. 把五味子及陳皮放入鑊內，加三碗清水煎成湯。
2. 隔渣後，放入經已割淨的桂魚，用文火浸熟。
3. 加入調味料埋成薄獻澆上魚面，鋪上蔥絲即成。

忌：外有表邪未解而內有實熱者忌用。



五味子為木蘭科北五味子屬植物五味子的成熟果實，分為北五味子和南五味子兩種。果皮皺縮呈鮮紅色，內含如腎臟形之種子。以北五味子的功效較佳，主產地是遼寧、黑龍江及吉林。

五味子功能生津止汗、斂肺滋腎、澀精止瀉。主治陰虛盜汗、陽虛自汗、虛咳氣喘、精滑不固、久泄不止、失眠健忘及糖尿病等症。

五味子配合麥冬、人參煎水飲用對氣弱津涸、盜汗者有治療之效。

*「五味子浸桂魚」對自汗、盜汗及失眠健忘者具備食療之效。

Wu Wei Zi is the fruit of *Schisandra chinensis* (Turcz.) baill. There are Bei Wu Wei Zi and Nan Wu Wei Zi. The skin of Wu Wei Zi is wrinkled and bright red in colour, with kidney-shaped seeds inside. Bei Wu Wei Zi works better than Nan Wu Wei Zi and it grows mainly in Liao Nin, Hei Long Jiang and Ji Lin.

Wu Wei Zi promotes circulation of body fluids, stops sweating, nourishes the Lungs, restrains sperm and relieves diarrhoea. It mainly treats night sweating due to Yin-asthenia, spontaneous sweating due to Yang-asthenia, dyspnea, spermatorrhea, prolonged diarrhoea, insomnia, forgetfulness and diabetes.

Used with Mai Dong and Ginseng, Wu Wei Zi is good for impairment of body fluids due to Qi-asthenia and night sweating.

* Mandarin Fish Soaked in Wu Wei Zi is good for spontaneous sweating, night sweating, insomnia and forgetfulness.



酸、溫 五味子

Sour, warm Wu Wei Zi

Serves 4

Ingredients:

- 12 g Wu Wei Zi
- 1 mandarin fish, about 375 g
- 1/4 soaked dried tangerine peel
- shredded spring onion

Seasoning:

- 1 tbsp soy sauce
- 1/2 tsp sugar
- 1/2 tbsp oil
- 1 1/2 tsps calltrop starch
- 4 tbsps juice from steaming the fish

Method:

1. Put Wu Wei Zi and dried tangerine peel into wok. Add 3 bowls of water and cook into soup.
2. Strain the soup. Add gutted fish. Reduce to low heat and soak fish until cooked.
3. Mix seasoning well and thicken into sauce. Pour sauce onto fish and sprinkle with shredded spring onion. Serve.

Note: People who have exogenous evils and inner Heat should not eat this dish.

浮小麥虛汗湯

Fu Xiao Mai Soup



二人份量

材料：

浮小麥	五錢
去核紅棗	十粒
龍骨	四錢
牡蠣	四錢
稻根鬚	四錢
豬腱	四兩
陳皮	1/4 個

調味料：

鹽	適量
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做法：

1. 先將各材料洗淨，連同經已飛水沖淨的豬腱放入煲內。
2. 加適量清水，待水沸騰後轉文火再煲三小時，下鹽調味即可飲用。

忌：寒濕者忌用。

Serves 2

Ingredients:

19 g Fu Xiao Mai
10 stoned red dates
15 g Long Gu
15 g dried oysters
15 g Dao Gen Xu
150 g shin of pork
1/4 dried tangerine peel

Seasoning:

salt

Method:

1. Wash all the ingredients. Put them with scalded and rinsed shin of pork into pot.
2. Add water and bring to the boil. Reduce to low heat and cook for 3 hours. Season with salt and serve.

Note: People who have Damp-Coldness should not drink this soup.

浮小麥

甘、平

Fu Xiao Mai

Sweet, neutral



浮小麥又稱麩麥，是未成熟的嫩小麥。質輕而幼嫩，內含多量糠麩、蛋白質、澱粉質、脂肪以及維他命 B、D 和 E 等。功能止盜汗，有益脾胃及退虛熱功效。

身體虛弱者，晚間入睡後會冒出虛汗，這種汗沒有臭味和鹹味，故俗稱為淡汗。若用浮小麥配合紅棗，煲水作為日常飲料，持之以恆當有良好食療功效。

浮小麥用文火炒至黃，加大量清水煎煮半小時，隔渣取汁，再配合糯米、清水、冰糖煲成稀粥，功能益氣、除熱、斂汗。

*「浮小麥虛汗湯」能補心血、止虛汗、除虛熱。

Fu Xiao Mai is also called Fu Mai. It is immature wheat. Fu Xiao Mai is light and smooth. It is rich in bran, protein, carbohydrates, fat and Vitamins B, D and E. It stops night sweating, benefits the Spleen and Stomach and helps to reduce asthenia-Heat.

People who are asthenic may have profuse sweating diabetes after falling asleep. This kind of sweat has no unpleasant smell and is not salty in taste, so it is called Dan Han. Fu Xiao Mai can be cooked with red dates and water and drunk daily. If the drink is taken for a long time, it treats Dan Han.

Fu Xiao Mai Congee benefits the Qi, eliminates Heat and restrains sweating. To make this congee, first stir fry Fu Xiao Mai until light brown. Then cook with a large amount of water for 1/2 hour. After that, strain and reserve the liquid. Finally cook with glutinous rice, water and rock sugar.

* Fu Xiao Mai Soup tonifies the Heart-Blood, stops profuse sweating diabetes and is good for asthenic-Heat syndrome.

龍齒安神湯

Long Chi Soup

二人份量

材料：

龍齒	五錢
白芍	三錢
甘草	二錢
大棗	三粒
生薑	三片
豬心	一個

調味料：

鹽	適量
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做法：

1. 將豬心切開洗淨，去清瘀血、油脂及外膜後，飛水過冷河。
2. 把各材料放入煲內，待水沸騰後轉文火煲三小時，下鹽調味即可飲用。



龍骨及龍齒，是古代脊椎動物的骨骼和齒的化石。龍骨表面光滑，細膩如粉質，呈灰白或黃白色，有無數如蜂窩的小孔，吸濕力強。論質量以筒骨為佳。

龍骨功能平肝固澀、鎮驚潛陽。主治煩躁失眠、盜汗、自汗、頭暈目眩、遺精、崩漏帶下等症。

龍齒功能鎮驚安神。主治神經衰弱、神志不安、癲癇及健忘失眠等症。

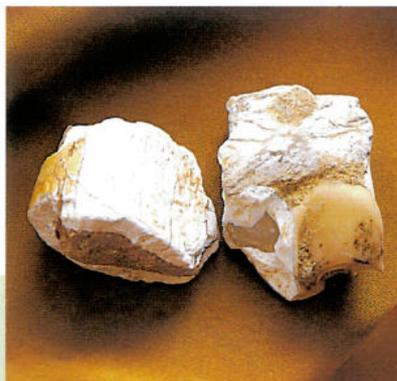
*「龍齒安神湯」對頭暈目眩及煩躁失眠者，有食療功效。

Long Gu and Long Chi are the fossils of the bones and teeth of vertebrate animals from ancient times. Long Gu is smooth and fine like powder, greyish-white or yellow-white in colour, with numerous honeycomb-like small pores and has a high moisture absorbency.

Long Gu calms the Liver, arrests discharges, treats palpitations and subdues exuberant Yang Fire. It mainly treats irritation, insomnia, night sweating, spontaneous sweating, dizziness, nocturnal emission, metrorrhagia and morbid leukorrhagia.

Long Chi treats palpitations and calms the Spirit. It mainly treats neurasthenia, worry, epilepsy, forgetfulness and insomnia.

* Long Chi Soup is good for dizziness and insomnia due to irritation.



甘、澀、平 龍骨 澀、涼 龍齒

Sweet, puckery, neutral Long Gu
Puckery, cool Long Chi

Serves 2

Ingredients:

- 19 g Long Chi
- 12 g Bai Shao
- 8 g licorice root
- 3 large dates
- 3 slices fresh ginger
- 1 pig's heart

Seasoning:

salt

Method:

1. Cut pig's heart into halves and wash. Remove extravasated blood, fat and the outer membrane. Scald and rinse.
2. Put all the ingredients into pot. Bring to the boil over high heat. Reduce to low heat and cook for 3 hours. Season with salt and serve.

珍珠豆腐羹

Pearl Powder and Beancurd Broth



珍珠

甘、鹹、寒

Pearl

Sweet, salty, cold



珍珠又名真珠、珍珠母、蚌珠母。生於蚌類的硬殼內，分天然及人工養殖兩種，取出珠後把其研成粉末即可供藥用。

珍珠功能鎮心安神、清肝明目、收斂生肌。

珍珠末配蜂蜜沖服，對心神不寧、煩躁不成眠者有食療功效。此外，以珍珠末配合其他藥物亦可外用，如點眼去翳障，治瘡面久不癒合等症。

* 「珍珠豆腐羹」可鎮心定驚、清肝明目。

Pearl is also called Zhen Zhu, Zhen Zhu Mu and Pang Zhu Mu. Pearls grow in molluscs. There are natural and cultivated pearls. The pearls are taken out and grated into powder to be used as medicine.

Pearl calms the nerves and Spirit, clears the Liver, improves eyesight and promotes the growth of new tissues.

Pearl powder mixed with honey and water is good for restlessness and insomnia due to irritability. Used with other herbs, pearl powder can be used externally to treat corneal opacity, also helps slow healing skin ulcers.

* Pearl Power and Beancurd Broth calms the Heart, treats cardiac palpitations, clears the Liver and improves eyesight.

四人份量

材料：

珍珠末	三分
布包豆腐	二塊
甘筍粒	一湯匙
夜香蘭	兩湯匙
帶子粒	兩湯匙

調味料：

鹽	1/3 茶匙
糖	一茶匙
生粉	一茶匙
水	一湯匙

做法：

1. 先將豆腐切粒，加入珍珠末、甘筍粒、帶子粒及少許油一同蒸熟。
2. 把夜香蘭洗淨，放沸水內灼熟、瀝乾。
3. 燒熱一茶匙油，放入調味料煮成薄獻，澆上各材料面即成。
(素食者可以鮮菇粒或蘑菇粒代替帶子粒。)

Serves 4

Ingredients:

1 g pearl powder
2 cloth-wrapped beancurds
1 tbsp diced carrot
2 tbsps Ye Xiang Lan
2 tbsps diced scallop

Seasoning:

1/3 tsp salt
1 tsp sugar
1 tsp calltrop starch
1 tbsp water

Method:

1. Dice beancurd. Add pearl powder, diced carrot, diced scallop and a little oil. Steam until cooked.
2. Wash Ye Xiang Lan, blanch and drain.
3. Heat 1 tsp of oil. Add seasoning and thicken slightly into thin sauce. Pour sauce over the ingredients.
(Vegetarians can replace diced scallop with diced black mushrooms or button mushrooms.)

安神益智湯

Yuan Zhi Soup

一人份量

材料：

遠志 三錢
豬腱 四兩

調味料：

鹽 適量

做法：

先將豬腱飛水沖淨，和遠志一同放入適量沸水內煮一小時半，下鹽調味即可飲用。
(可配魚肉、牛腱或雞肉煲湯)

忌：患傷風感冒需停服。



遠志又名志筒、去心遠志，為常綠草本植物，其根可供藥用。外形呈彎曲長管狀，外色灰黃，肉色黃白，中間有質脆易折的淡黃色木心，以去淨木心、筒粗肉厚的為佳。

遠志功能安神益智、去痰利竅。對於驚悸健忘、精神迷亂、痰涎壅塞、癰疽瘡腫有治療之效。

* 「安神益智湯」常服能安神、益智慧、增強記憶力。

Yuan Zhi is also called Zhi Tong or Qu Xin Yuan Zhi. It is a kind of evergreen herb and its root can be used as medicine. Yuan Zhi is curved and cylindrical in shape, with greyish-yellow peel and yellowish-white meat, with fragile and easily broken pith in the centre. Good Yuan Zhi has thick peel and meat with the pith removed.

Yuan Zhi calms the Spirit, benefits the mentality and expels sputum. It is good for cardiac palpitations, forgetfulness, accumulation of sputum, boils and sores.

* Yuan Zhi Soup calms the Spirit, benefits the mentality and improves memory.



苦、辛、溫 遠志
Bitter, acrid, warm Yuan Zhi

Serves 1

Ingredients:

12 g Yuan Zhi
150 g shin of pork

Seasoning:

salt

Method:

Scald and rinse shin of pork. Put shin of pork and Yuan Zhi into boiling water and cook for 1 1/2 hours. Season with salt and serve.

(Yuan Zhi can be cooked with fish, shin of beef or chicken to make soup.)

Note: If you have a common cold don't have this soup.

牡蠣平肝息風湯

Oyster Shell Soup



二人份量

材料：

生牡蠣
生龍骨
生龜板
杭菊
甘草
天冬
豬腱

調味料：

鹽

做法：

先將豬腱飛水沖淨，加入各材料放煲內，加入清水八杯，待水沸騰後轉文火煲三小時，下鹽調味即可飲用。

五錢
三錢
三錢
三錢
二錢
二錢
四兩

適量

Serves 2

Ingredients:

19 g fresh oyster shell
12 g fresh Long Gu
12 g fresh tortoise shell
12 g Han chysanthemums
8 g licorice root
8 g Tian Dong
150 g shin of pork

Seasoning:

salt

Method:

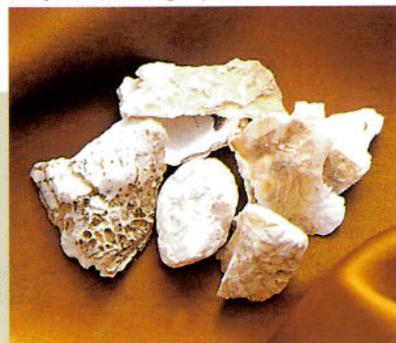
Scald and rinse shin of pork. Put all the ingredients into pot. Add 8 cups of water. Bring to the boil. Reduce to low heat and cook for 3 hours. Season with salt and serve.

牡蠣

鹹、平、微寒

Oyster Shells

Salty, neutral, slightly cold



牡蠣又名左牡蠣、煅牡蠣，乃蠔的貝殼。含豐富鈣質。入藥用其左殼，亦稱下殼。左殼質重而堅厚，殼內光滑呈乳白色。生用研碎入藥，可作潛陽；火煅粉碎入藥，可作澀斂。

牡蠣功能益陰潛陽、軟堅散結、收澀固脫。主治肝陽火盛之頭痛、頭暈、耳鳴、心悸失眠等症。又能軟化頸部淋巴腺結核，對甲状腺腫脹、夢遺滑精、虛汗、女子帶下、胃酸過多等症均有療效。

*「牡蠣平肝息風湯」可治肝風眩暈、頭痛及耳鳴等。

Oyster Shells are also called Left Oyster Shells or Calcined Oyster Shells. They are the shells of oysters and are rich in calcium. When used as medicine, the left shells or the lower shells of oysters are used. The left shells are heavy and hard. The inside of the shells is smooth and milky white. Both raw and calcined oyster shells are grated into powder. Raw oyster shells subdue the overflowing of Yang while calcined oyster shells arrest discharges.

Oyster shells benefit Yin, subdue the overflowing of Yang, soften hard masses, eliminate nodulation and arrest discharges. They mainly treat headaches, dizziness, tinnitus, cardiac palpitations and insomnia due to exuberant Yang-fire of the Liver. They also soften tuberculosis of lymph nodes, nocturnal emission, spermatorrhoea, profuse sweating, diabetes, morbid leukorrhagia and hyperchlorhydria.

* Oyster shell Soup is good for dizziness, headaches and tinnitus due to Liver-Wind.

天麻杞子燉魚頭

Stewed Fish Head with Tian Ma and Qi Zi

二人份量

材料：

天麻	三錢
杞子	三錢
魚頭	一個
酒	一湯匙
薑汁	一茶匙

調味料：

鹽	適量
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做法：

1. 將天麻及杞子洗淨，魚頭飛水後沖淨。
2. 然後把各材料放入燉盅內，加入沸水二杯，蓋好隔水燉三小時，下鹽調味即成。



天麻又名明天麻、冬天麻、天麻片。為多年生草本植物，藥用部分為地下塊莖。分春天麻與冬天麻兩種，以體質肥壯無空泡的冬天麻為佳。

天麻功能定風鎮痙，止頭暈頭痛。主治內風干擾之頭痛眩暈、驚癇、中風癱瘓、手腳麻痺、言語不利及風濕痺痛等症。

天麻配白朮、茯苓、半夏，對風痰引起的頭痛眩暈有療效。配以川芎，對由肝虛引起的頭痛眩暈有療效。

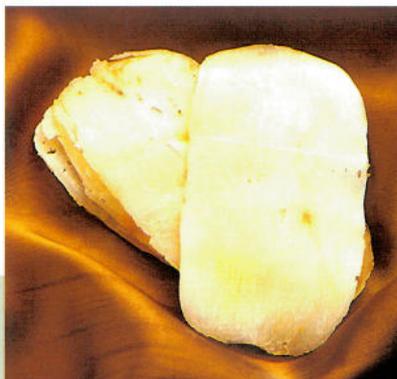
*「天麻杞子燉魚頭」能息風、定驚，治頭痛眩暈，對神經衰弱患者有食療之效。

Tian Ma is also called Ming Tian Ma, Dong Tian Ma or Tian Ma Pian. It is a perennial herb and the subterranean stem tuber is used as medicine. There are Cun Tian Ma and Dong Tian Ma. Dong Tian Ma which is thick and has no bubbles is best.

Tian Ma arrests convulsion, relieves dizziness and headaches. It mainly treats headaches and dizziness due to infliction of Inner Wind, convulsive diseases, paralysis, numbness of the limbs and difficulty in speaking due to a stroke and rheumatic conditions.

Used with Bai Zhu, Fu Ling and Ban Xia, Tian Ma is used for headaches and dizziness due to Wind - sputum syndrome. Used with Chuan Xiong, Tian Ma is good for headaches and dizziness due to asthenia of the Liver.

* Stewed Fish Head with Tian Ma and Qi Zi relieves Wind-syndrome cardiac palpitations, thus treating headaches and dizziness and is good for neurasthenia.



甘、微溫 天麻

Sweet, slightly warm Tian Ma

Serves 2

Ingredients:

12 g Tian Ma
12 g Qi Zi
1 fish head
1 tbsp wine
1 tsp ginger juice

Seasoning:

salt

Method:

1. Wash Tian Ma and Qi Zi. Scald fish head and rinse.
2. Put all the ingredients into stewing pot. Add boiling water. Cover and cook for 3 hours. Season with salt and serve.

菊花魚肚羹

Chrysanthemum and Fish Maw Soup



四人份量

材料：

菊花瓣	適量
魚肚	一兩
蟹柳 (掰成絲)	三條
蛋白	一個
芫茜碎	少許
熟金華火腿茸	半湯匙
薑 (切絲)	兩片
上湯	三杯

調味料：

鹽	1/3 茶匙
古月粉	適量

獻汁料：

生粉	一湯匙
水	三湯匙

做法：

1. 先將菊花瓣放於淡鹽水內浸洗，沖淨瀝乾。
2. 魚肚用水浸透，飛水過冷河後切幼粒。蛋白拌勻。
3. 燒熱油，爆香薑絲，加入魚肚及上湯，煮滾後下鹽調味，埋獻。
4. 加入蛋白、菊花瓣、蟹柳絲拌勻。盛於湯碗，加入芫茜碎及金華火腿茸供食。

Serves 4

Ingredients:

chrysanthemum petals
38 g fish maw
3 flavoured crab sticks (shredded)
1 egg white
Chinese parsley (chopped)
1/2 tbsp cooked Jinhua ham (finely chopped)
2 slices ginger (shredded)
3 cups stock

Seasoning:

1/3 tsp salt
pepper

Sauce:

1 tbsp caltrop starch
3 tbsps water

Method:

1. Soak chrysanthemum petals in diluted salty water and wash. Rinse and drain.
2. Soak fish maw in water until soft. Scald, rinse and dice finely. Whisk egg white.
3. Heat oil and stir fry ginger until fragrant. Add fish maw and stock. Bring to the boil and season with salt. Thicken into sauce.
4. Add egg white, petals and shredded crab sticks. Mix well. Add Chinese parsley and chopped Jinhua ham and serve.

杭菊

甘、苦、微寒

Han Chrysanthemums

Sweet, bitter, slightly cold



杭菊為菊科多年生草本植物菊的頭狀花序。含有揮發油、菊甙、膽鹼、黃酮類等成分。

杭菊功能疏風清熱、平肝明目及消炎解毒等。久服利血氣，有延緩衰老的功效。

以杭菊煎水加入蜜糖飲用，能降血壓、明目解毒，並能治頭暈、頭痛、耳鳴目眩等症狀。

*「菊花魚肚羹」常食能平肝明目、散風熱。

Han chrysanthemums are the blooms of *Chrysanthemum morifolium*. They contain volatile oil and choline.

Han chrysanthemums disperse Wind, expel Heat, calm the Liver, improve eyesight, fight inflammation and counteract toxicity. They benefit the Blood and Qi and retard the process of ageing if used for a long time.

Han chrysanthemums can be cooked with water and honey. This drink lowers blood pressure, improves eyesight and counteracts toxicity. It also treats headaches, tinnitus and dizziness.

* Chrysanthemum and Fish Maw Soup firms the Liver, improves eyesight and expels Wind-Heat.

石決明魚雲湯

Shi Jue Ming and Fish Head Soup

二人份量

材料：

石決明	五錢
菊花	一錢
魚頭	一個

調味料：

鹽	適量
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做法：

1. 先將石決明用清水三杯煎至二杯。
2. 加入菊花滾片刻，隔渣成湯。
3. 魚頭斬件洗淨，加入湯內煮熟，下鹽調味即可食用。



石決明即鮑魚的貝殼，含豐富碘質、鈣質和磷質。功能瀉肝熱、明目。男子腎陰不足，女子神經緊張和貧血者，每易引致肝陽火盛、頭暈頭痛、眼昏目澀、耳鳴、口乾喉澗及唇燥等現象。以石決明配合養陰藥物煲水飲用，有良好食療功效。

石決明配合黃菊花、甘草，耐火煎水飲用，對患白內障及視物矇矓者有頗佳食療功效。若配以白蒺藜、女貞子煲水飲用或配合肉類、海產煲湯，對目赤眼澀、頭風、頭痛、近視、遠視、散光及青光眼等，有良好食療功效。

*「石決明魚雲湯」能清肝火、明目治眩暈。

Shi Jue Ming is the shell of an abalone. It is rich in iodine, calcium and phosphorus. It expels Liver-Heat and improves eyesight. Men who have Yin deficiency of the Kidneys and women who are nervous and have anaemia usually have exuberant Liver-Fire, dizziness, headaches, blurred vision, dry eyes, tinnitus, dry mouths and lips. Shi Jue Ming cooked with nourishing medicine is good for the body.

Cooked with yellow chrysanthemums, licorice root and water over low heat, Shi Jue Ming is good for cataracts and blurred vision. Cooked with Bai Ji Li and Nu Zhen Zi to make a drink or cooked with meat or seafood to make soup, Shi Jue Ming is good for optic atrophy, dry eyes, Head-Wind, headaches, shortsightedness, farsightedness, astigmatism and glaucoma.

* Shi Jue Ming and Fish Head Soup clears Liver-Fire, improves eyesight and is good for dizziness.



鹹、微寒 石決明

Salty, slightly cold Shi Jue Ming

Serves 2

Ingredients:

- 19 g Shi Jue Ming
- 4 g chrysanthemums
- 1 fish head

Seasoning:

salt

Method:

1. Cook Shi Jue Ming with 3 cups of water until only 1 cup of liquid remains.
2. Add chrysanthemums, bring to the boil and simmer for a while. Strain the soup.
3. Chop up fish head and wash. Add fish head to soup and cook until done. Season with salt and serve.

鈎藤粥

Gou Teng Congee



鈎藤

甘、微寒

Gou Teng

Sweet, slightly cold



鈎藤又名雙鈎、鈎丁、雙鈎藤；為蔓性常綠藤本植物之鈎棘，形似船錨，有雙鈎及單鈎兩種。以外表紫紅色，無獨莖的雙鈎者為佳。

鈎藤功能息風靜火、除心熱、平肝氣、止眩暈、定驚癇。主治因肝風內動而引起的頭暈、目眩、頭痛，小兒發高熱、驚啼、痙攣抽搐等症。

*「鈎藤粥」能清熱、平肝、息風。

Gou Teng is also called Shuang Gou, Gou Ding or Shuang Gou Teng. It is the bramble of *Uncaria rhynchophylla* (mig.) Jacks. It is anchor-like in shape and there are double-hooked and single-hooked Gou Teng. Good Gou Teng is double-hooked and purplish-red.

Gou Teng calms Wind-syndrome and Fire, eliminates Heart-Heat, calms Liver-Qi, relieves dizziness and convulsive diseases. It mainly treats dizziness, headaches, high fever in children, spasms and nightmares.

* Gou Teng Congee expels Heat, removes Heat from the Liver and relieves Wind-syndrome.

一人份量

材料：

鈎藤	五錢
粘米	一兩
清水	五杯

調味料：

鹽或糖	適量
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做法：

1. 先煮滾一杯清水，加入鈎藤煮兩分鐘，隔渣備用。
2. 粘米加入四杯清水煮成粥後，再加入鈎藤水，放入調味料即可食用。

Serves 1

Ingredients:

19 g Gou Teng
38 g long grain rice
5 cups water

Seasoning:

salt or sugar

Method:

1. Bring 1 cup of water to the boil. Add Gou Teng and simmer for 2 minutes. Strain the liquid.
2. Cook long grain rice with 4 cups of water to make congee. Add the liquid from cooking Gou Teng. Season with salt or sugar and serve.

羚羊角絲燉海螺

Stewed Conch with Shredded Antelope's Horn

四人份量

材料：

羚羊角絲	五錢
海螺肉	八兩
瘦肉	二兩
白背木耳	三錢
沸水	兩杯
去核紅棗	五粒

調味料：

鹽	適量
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做法：

先將白背木耳浸透，再將海螺肉及瘦肉分別飛水沖淨。將各材料放入燉盅內，注入沸水兩杯隔水燉三小時，下鹽調味即可食用。



羚羊角又名羚羊尖、羚羊絲。為脊椎動物洞角科羚羊的角。以頂端尖細，光潤半透明而質堅韌者為佳。可磨汁或剉薄絲入藥。

羚羊角功能平肝息風，清熱安神。

主治因肝火旺盛所致的頭痛、頭暈、目赤和由溫熱病引致的神昏、驚悸及抽搐等症。

*「羚羊角絲燉海螺」能平肝息風，清熱解毒。

Antelope's horn is also called Antelope's Horn Point or Antelope's Horn Shred. It is the antlers of Saiga tatarical. Good Antelope's Horn is hard and translucent, has pointed tips and it can be grated into juice or finely shredded to be used as medicine.

Antelope's horn removes Heat from the Liver, relieves Wind-syndrome, expels Heat and calms the Spirit.

Antelope's horn mainly treats headaches, dizziness and pain of the eyes due to exuberant Liver-Fire and coma, cardiac palpitations and spasms due to Heat-syndrome.

* Stewed Conch with Shredded Antelope's Horn removes Heat from the Liver, relieves Wind-syndrome and expels toxic Heat.



鹹、寒 羚羊角

Salty, cold Antelope's Horn

Serves 4

Ingredients:

19 g shredded antelope's horn
300 g conch meat
75 g lean pork
12 g white-back wood ears
2 cups water
5 stoned red dates

Seasoning:

salt

Method:

Soak wood ear until soft. Scald and rinse conch meat and lean pork separately. Put all the ingredients into stewing pot. Stew for 3 hours. Season with salt and serve.

全蠍粥

Whole Scorpion Congee



一人份量

材料：

全蠍	一至四枚
或蠍尾	三至八枚
粘米	一兩
清水	四杯

調味料：

鹽	適量
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做法：

1. 以兩杯清水加入經洗淨的全蠍煮至半杯，隔渣備用。
2. 粘米一兩加兩杯清水煮成粥後，加入全蠍水，再煮片刻，下鹽調味即可進食。

忌：體虛者忌用。

Serves 1

Ingredients:

1 to 4 whole scorpions or 3 to 8 scorpion tails
38 g long grain rice
4 cups water

Seasoning:

salt

Method:

1. Cook washed whole scorpions with 2 cups of water thoroughly until only 1/2 cup of liquid remains. Strain the liquid. Discard scorpions.
2. Cook long grain rice with 2 cups of water to make congee. Add liquid from cooking scorpions. Cook for a while. Season with salt and serve.

Note: People who have asthenia should not eat this congee.

炙全蠍

辛平、有毒

Processed Whole Scorpion

Acrid-neutral, poisonous



炙全蠍又名蠍子、全蟲、蠍尾；為節足動物，蜘蛛類中之蠍類。以乾燥全體入藥稱為全蠍，單用其尾部稱為蠍尾，蠍尾療效更強。分淡全蠍和用鹽漬的鹹全蠍兩種。

蠍子功能息風鎮痙、解瘡腫毒。主治因中風引致的半身不遂、口眼喎斜、言語不清、渾身麻痺、風濕骨節彎痛及痙攣抽搐等症。

全蠍配合梔子、麻油敷於患處能解瘡腫毒。

*「全蠍粥」對於由中風引致的半身不遂有食療功效。

Processed Whole Scorpion is also called Scorpion, Quan Chong or Xie Wei. It is a kind of arthropod. The dried whole body of a scorpion is used as medicine and is called Quan Xie. The tail of a scorpion can be used alone and it is called Xie Wei. It works even better. There are Dan (light-tasting) Quan Xie and salted Quan Xie.

Scorpions relieve convulsions and treat ulcers. They mainly treat hemiplegia, facial paralysis, failure to speak clearly, numbness of the whole body, spasms and pain in the joints due to rheumatism and spasms.

To treat ulcers, apply whole scorpions, Zhi Zi and sesame oil to the infected areas.

* Whole Scorpion Congee is good for hemiplegia due to a stroke.

當歸羊肉湯

Dang Gui and Mutton Soup

四人份量

材料：

當歸	五錢
生薑	二錢半
羊肉	十二兩

調味料：

鹽	適量
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做法：

1. 先將羊肉放入沸水內煮片刻，過冷河後沖淨備用。
2. 把當歸、生薑及羊肉放入煲內，注入適量清水，待沸騰後轉文火煲兩小時，下鹽調味即成。



當歸為傘形科多年生草本植物，入藥用其肉質根。可分為頭、身、尾三部分。外表顏色黃褐，肉為黃白色，質地柔軟而韌，有特異芳香氣味。以產於中國陝西省為上品，四川、甘肅及雲南等地次之。功能補血、調經止痛、潤腸通便。進食後能增強腸胃吸收能力，促進新陳代謝和刺激卵巢，對婦女延遲衰老有一定食療功效。

當歸配合川芎、白芍、地黃煲水飲用，能調經止痛、養血活血；若配以黨參、北芪及肉類煲湯或燉，功能益氣補血。對久病體弱、貧血、月經不調之婦女有頗佳食療功效。

*「當歸羊肉湯」具補血祛寒的食療功效。尤適用於婦女虛寒性經痛及產後虛寒腹痛。

Dang Gui is a kind of perennial herb (Fam. Umbelliferae). Its root is used as medicine. There are three different parts: the head, the body and the tail. Dang Gui has yellowish-brown peel and yellowish-white meat. It is soft and tenacious and has a special fragrance. That which grows in Shanxi Province in China is the best and that from Sichuan, Gansu and Yunnan in China is the second best. Dang Gui tonifies the Blood, regulates menstruation, relieves period pain and relaxes the bowels. It helps the bowels to absorb nutrition, speeds up metabolism and stimulates the ovaries, thus retarding the ageing process of women.

Cooked with Chuan Xiong, Bai Shao, Di Huang and water, Dang Gui regulates menstruation, relieves period pain, invigorates the Blood and promotes circulation of the Blood; used with Dang Shen, Bei Qi and meat to make soup or stew, Dang Gui benefits the Qi and tonifies the Blood. Dang Gui is good for asthenia due to prolonged illness, anaemia and irregular menstruation.

* Dang Gui and Mutton Soup tonifies the Blood and expels Coldness. Especially good for period pain due to Cold-asthenia and abdominal pain due to Cold-asthenia after childbirth.



甘、微苦 當歸

Sweet, slightly bitter Dang Gui

Serves 4

Ingredients:

19 g Dang Gui
10 g fresh ginger
450 g mutton

Seasoning:

salt

Method:

1. Cook mutton with boiling water for a while and rinse.
2. Put all the ingredients into pot. Add water and bring to the boil. Reduce to low heat and cook for 2 hours. Season with salt and serve.

白芍番鴨補血湯

Bai Shao and Duck Soup



白芍

苦、酸、微寒

Bai Shao

Bitter, sour, slightly cold



白芍又名芍藥，為毛茛科多年生草本植物，根部供藥用。白芍外表淡褐，內色粉白，有菊花心紋，質堅而體重，帶粉質，以氣味芳香者為佳。

白芍功能養血斂陰、柔肝止痛。主治因肝氣不和所引致之胸脇腹痛、四肢攣急、月經不調以及由肝陽亢盛引致之頭痛、頭暈等症。

*「白芍番鴨補血湯」能養血滋陰補氣，對婦女月經不調，腰腿痠疼有食療功效。

Bai Shao is also called Shao Yao. It is the root of a perennial herb of *Paeonia lactiflora* Pall. (Fam. Ranunculaceae). The root is used as medicine. Bai Shao has light brown peel and white meat. That which is hard and heavy, powder-like and has a pleasant smell is the best. Bai Shao invigorates the Blood, restrains Yin, subdues hyperactivity of the Liver and relieves pain. It mainly treats costal and abdominal pain, spasmodic pain of the limbs and irregular menstruation due to stagnation of Liver-Qi and headaches and dizziness due to exuberant Liver-Yang.

* Bai Shao and Duck Soup invigorates the Blood, nourishes Yin, tonifies the Qi, is good for menstrual disorders and pain in the loins and legs.

二人份量

材料：

白芍	二錢
川芎	一錢
熟地	三錢
當歸	三錢
番鴨	半隻

調味料：

鹽	適量
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做法：

將各材料洗淨，番鴨剖淨飛水過冷河，放入燉盅內，注入沸水，蓋好隔水燉三小時，下鹽調味即成。

忌：腸胃虛寒及胸腹脹滿者忌用。

Serves 2

Ingredients:

8 g Bai Shao
4 g Chuan Xiong
12 g Sheng Di
12 g Dang Gui
1 duck

Seasoning:

salt

Method:

Wash all the ingredients. Gut duck, scald and rinse. Put all the ingredients into stewing pot and add boiling water. Cover and stew for 3 hours. Season with salt and serve.

Note: People who have Cold-asthenia of the Intestines and Stomach and abdominal bloating should not drink this soup.

首烏紅棗雞蛋茶

Shou Wu, Red Dates and Egg Tea

一人份量

材料：

製首烏	五錢
紅棗	五粒
去殼熟雞蛋	兩個

做法：

將紅棗去核洗淨，連同各材料放煲內，注入三杯清水，待沸騰後加入雞蛋，轉文火煮三十分鐘即成。



首烏又名何首烏，為蓼科草本植物何首烏的塊根。將塊根曬乾或以微火焙乾後，稱為生首烏；以塊根加黑豆蒸曬成黑色的則稱為製首烏。

生首烏功能通便、解瘡毒。主治癰癤結核等症。製首烏功能益精血、補肝腎。主治遺精帶下、頭暈耳鳴、陰虛血枯、頭髮早白、腰膝痠軟等症。製首烏久服令人烏髮黑髮，有美顏和抗衰老功效。

*「首烏紅棗雞蛋茶」能補肝益腎，黑髮美顏容，具防老食療功效。

Shou Wu is also called He Shou Wu. It is the root tuber of *Polygonum multiflorum* Thunb. (Fam. Polygonaceae). There are Shen Shou Wu and Ji Shou Wu. Shen Shou Wu is the root tuber dried under the sun or dried over low heat while Ji Shou Wu is steamed with black beans and dried under the sun until it turns black.

Shen Shou Wu relaxes the bowels and counteracts poison from ulcers. It mainly treats scrofula. Ji Shou Wu benefits the Jing and Blood and tonifies the Liver and Kidneys. It mainly treats nocturnal emission, morbid leukorrhagia, dizziness, tinnitus, Blood-deficiency due to Yin-deficiency, premature greying of hair and stiffness in the loins and legs. If eaten for a long time, Ji Shou Wu blackens the hair, thus retarding the process of ageing.

* Shou Wu, Red Dates and Egg Tea tonifies the Liver, benefits the Kidneys, blackens the hair and retards the process of ageing.



苦、澀、微溫 首烏

Bitter, puckery, slightly warm Shou Wu

Serves 1

Ingredients:

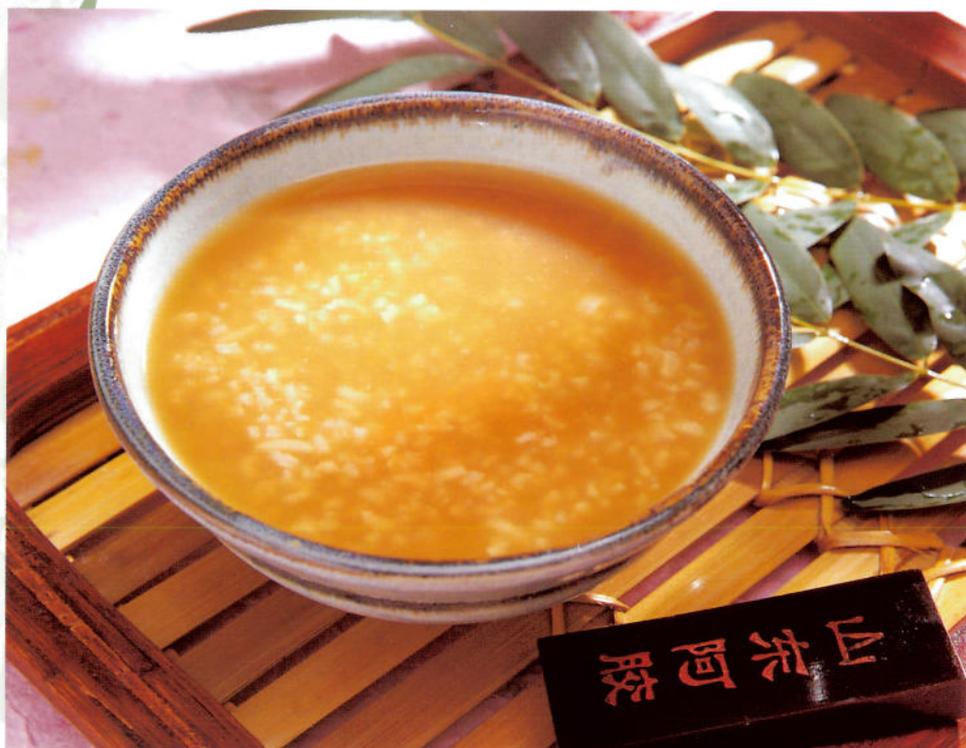
19 g Shou Wu
5 red dates
2 shelled hard-boiled eggs

Method:

Stone red dates and wash them. Put all the ingredients into pot. Add 3 cups of water and bring to the boil. Add eggs. Reduce to low heat and cook for 30 minutes. Serve.

阿膠粥

E Jiao Congee



一人份量

材料：

阿膠	二錢
糯米	一兩
清水	三杯

調味料：

冰糖	適量
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做法：

1. 將阿膠放入白鑊內炒至微黃，然後打碎。
2. 糯米洗淨，加清水煮成粥後，再放入阿膠及冰糖，煮至溶化即可進食。

忌：患有高血壓，腸胃虛弱脹滿與消化不良者均忌用。

Serves 1

Ingredients:

8 g E Jiao
38 g glutinous rice
3 cups water

Seasoning:

rock sugar

Method:

1. Stir fry E Jiao in wok without oil until light brown and crush.
2. Wash glutinous rice. Add water and cook to make congee. Add E Jiao and rock sugar. Cook until rock sugar dissolves. Serve.

Note: People with high blood pressure, asthenia, bloating of the Intestines and Stomach and indigestion should not eat this congee.

阿膠

甘、平

E Jiao Congee

Sweet, neutral



阿膠又名驢皮膠、阿膠珠、真阿膠等。乃由新鮮驢皮熬成之膠塊，呈透明琥珀色。功能滋陰補血，潤肺止血。

主治陰虛血少及體力與精力皆虛弱的人士，以及低血壓、衰弱性下血與營養不良等症。對陰虛咳嗽、痰中帶血、吐血、咯血、便血、尿血及婦女崩漏等症均有療效。

*「阿膠粥」對血虛眩暈、心悸失眠、陰虛咳嗽及秋燥咳嗽等具食療之效。

E Jiao is also called Lu Pi Jiao, E Jiao Zhu or Zhen E Jiao. It is the fresh skin of donkeys which is cooked for a long time. It is transparent and amber in colour. E Jiao nourishes Yin, tonifies the Blood, nourishes the Lungs and stops bleeding.

E Jiao treats Blood-deficiency due to Yin-asthenia, asthenia of body strength, low blood pressure and malnutrition. It is also good for coughs due to Yin-asthenia, sputum containing blood, blood-spitting, haemoptysis, faeces containing blood, urine containing blood and metrohagia of women.

* E Jiao Congee is good for dizziness due to Blood-asthenia, palpitations, insomnia, coughs due to Yin-asthenia and of autumn-Dryness type.

升麻提氣粥

Sheng Ma Congee

一人份量

材料：

升麻	三錢
北芪	一兩
益母草	五錢
枳殼	二錢
粘米	一兩

做法：

1. 先以三杯清水，加入升麻、北芪、益母草及枳殼煎成一杯，隔渣備用。
2. 洗淨粘米，加入兩杯清水煮成粥，再把煎好的藥汁倒進粥內，拌勻即可進食。



升麻為毛茛科多年生草本植物，入藥用其根莖，可生用或炙熟用。以墨綠色的為上品，若呈白色者乃劣品，功效較差。

升麻功能散風解毒，升陽舉陷。主治痘毒、斑疹、風熱喉痛、齒痛、口舌生瘡、久痢，脫肛及子宮下垂等症。

*「升麻提氣粥」對婦女陰道後壁下垂有升提的食療效用。

Sheng Ma is a perennial herb of Fam. Ranunculaceae. Its rhizome is used as medicine and it can be used raw or processed.

Sheng Ma expels Wind, counteracts toxicity, cures drooping and ptosis. It mainly treats smallpox, macula, sore throat of Wind-Heat syndrome, toothache, uclers in the mouth or on the tongue, prolonged dysentery, prolapse of the anus and the uterus.

* Sheng Ma Congee is good for drooping of the wall of the vagina.

Serves 1

Ingredients:

12 g Sheng Ma
38 g Bei Qi
19 g Yi Mu Cao
8 g Zhi Ke
38 g long grain rice

Method:

1. Cook Sheng Ma, Bei Qi, Yi Mu Cao and Zhi Ke with 3 cups of water until only 1 cup of liquid remains. Strain the liquid.
2. Wash long grain rice. Cook with 2 cups of water to make congee. Add the liquid from cooking Sheng Ma, Bei Qi, Yi Mu Cao and Zhi Ke. Mix well and serve.



甘、辛、微寒 升麻
Sweet, acrid, slightly cold Sheng Ma

柴胡益氣湯

Chai Hu Soup



柴胡

苦、微寒

Chai Hu

Bitter, slightly cold



柴胡為傘形科草本植物，入藥用其根或全草。主要分為北柴胡、南柴胡及竹葉柴胡三大類。

柴胡功能疏肝解鬱、升舉中氣。主治胸脇苦悶、發冷發熱、瘧疾，鬱怒引致的月經不調或頭暈、目眩、耳鳴、脫肛及子宮下垂等症。

*「柴胡益氣湯」對氣虛便血、中氣不足、脫肛及子宮下垂者有食療效用。

Chai Hu is a perennial herb of Fam. Umbelliferae. Both its root and the whole plant are used as medicine. There are Bei Chai Hu, Nan Chai Hu and Zhu Ye Chai Hu.

Chai Hu clears the stagnation of Liver-Qi and alleviates mental depression, elevating the Spleen. It treats oppression over the chest, alternating chills and fever, malaria, irregular menstruation or dizziness, tinnitus, prolapse of the anus and uterus.

* Chai Hu Soup is good for faeces containing blood due to Qi-asthenia, Qi-deficiency in the Middle, prolapse of the anus and the uterus.

二人份量

材料：

柴胡	五分
北芪	三錢
升麻	五分
黨參	一錢
白朮	二錢
陳皮	1/2 個
生薑	三片
大棗	四粒
老鴨	一隻

調味料：

鹽	適量
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做法：

1. 把老鴨剖淨，去皮、去脂肪後再飛水沖淨。
2. 連同各材料放入大煲內，注入適量清水，以大火滾十分鐘後轉文火煲二小時，下鹽調味即成。
(飲湯吃鴨肉)

忌：陰虛陽旺者忌用。

Serves 2

Ingredients:

2 g Chai Hu
12 g Bei Qi
2 g Sheng Ma
4 g Dang Shen
8 g Bai Zhu
1/2 dried tangerine peel
3 slices fresh ginger
4 large dates
1 mature duck

Seasoning:

salt

Method:

1. Gut and skin duck. Remove fat from duck. Scald duck and rinse.
2. Put all the ingredients into large pot. Add water. Bring to the boil over high heat and simmer for 10 minutes. Reduce to low heat and cook for 2 hours. Season with salt and serve. (Drink the soup and eat the duck.)

Note: People who have Yin-asthenia and exuberant Yang should not drink this soup.

葛花醒酒湯

Ge Hua Soup

一人份量

材料：

乾葛花
紅茶葉
清水

五錢
一撮
二杯

做法：

將乾葛花加清水二杯，煎剩一杯水，加入紅茶葉泡焗五分鐘，隔渣飲湯。



葛花是葛根的花，於秋末花未全開時採摘，可以鮮用或曬乾備用。

葛花能解酒毒、止瀉。

主治煩渴、痔瘡出血。

* 茶葉不可久煎或長時間泡浸，因為會釋放出鉛分。

The flowers of Ge (kuzu vine) are called Ge Hua. They are good for drunkenness. Ge Hua Soup is used for vomiting caused by excess alcohol and hang overs.

* Tea leaves should not be soaked in hot water for long as lead will be released.

Serves 1

Ingredients:

19 g dried Ge Hua
1 bunch red tea leaves
2 cups water

Method:

Put dried Ge Hua into pot. Add 2 cups of water. Bring to the boil and cook until 1 cup of liquid remains. Remove from heat. Add red tea leaves and leave for 5 minutes. Discard the ingredients. Serve.



甘、辛、平 葛花
Sweet, acrid, neutral Ge Hua

黨參八寶鴨

Duck Stuffed with Eight Treasures



黨參

甘、平

Dang Shen

Sweet, neutral



黨參又名潞黨參，是桔梗科草本植物黨參的乾燥根。含有蛋白質、維他命B₁和B₂、生物鹼及醣類。有補血、興奮神經系統的作用。

黨參能補中益氣，養血補肺。主治中氣微弱，體倦乏力與虛汗等症。

黨參配北芪、瘦肉煲湯，對氣虛無力、精神欠佳及虛汗患者有補氣、止虛汗的食療功效。

*「黨參八寶鴨」滋陰補虛，減退潮熱骨蒸，對肺虛患者有食療功效。

Dang Shen is also called Lu Dang Shen. It contains protein, Vitamins B₁ and B₂, alkaloid and carbohydrates. It tonifies the Blood and stimulates the nervous system.

Dang Shen tonifies the Middle, benefits the Qi, invigorates the Blood and tonifies the Lungs. It mainly treats asthenic Middle Qi, fatigue and profuse sweating diabetes.

Cooked with Bei Qi and lean pork to make soup, Dang Shen is good for weakness of the body due to Qi-asthenia, low spirits and profuse sweating diabetes.

* Duck stuffed with Eight Treasures nourishes Yin, tonifies asthenia, reduces feverish Heat syndrome and is good for Lung-asthenia.

四人份量

材料：

黨參	二錢
天冬	三錢
麥冬	三錢
百合	三錢
蓮子	三錢
芡實	二錢
薏米	二錢
糯米	四錢
白毛老鴨	一撮
	一隻

調味料：

鹽	適量
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做法：

1. 將老鴨剖淨後飛水沖淨，糯米浸透瀝乾。
2. 各藥材洗淨後浸軟，切幼粒。
3. 把糯米與各材料放入鴨腹內用線縫口，隔水以文火燉三小時，下鹽調味即成。
(飲湯吃鴨肉)

忌：體虛屬實邪者忌用。

Serves 4

Ingredients:

8 g Dang Shen
12 g Tian Dong
12 g Mai Dong
12 g lily bulbs
8 g lotus seeds
8 g fox nuts
15 g Job's tears
glutinous rice
1 white-feathered mature duck

Seasoning:

salt

Method:

1. Gut, scald and rinse duck. Soak glutinous rice until soft and drain.
2. Wash the Chinese herbs and soak until soft. Finely dice.
3. Put glutinous rice and other ingredients into duck cavity and seal the opening with thread. Stew over low heat for 3 hours. Season with salt and serve.
(Drink the soup and eat the duck.)

Note: People who have asthenia should not drink this soup.

白朮利水湯

Bai Zhu Soup

二人份量

材料：

白朮
五加皮
大腹皮
茯苓皮
陳皮
豬腱

三錢
三錢
三錢
四錢
二錢
四兩

做法：

將各材料洗淨，豬腱飛水沖淨，把藥材與豬腱一同放入煲內煮十分鐘，再轉文火煲一小時半即成。



白朮為多年生草本植物，入藥用其根。外皮黃褐色，內呈黃白色，品質以肥大壯滿、堅實、有菊花心者為佳。

功能健脾燥濕、化痰利水、止瀉安胎。

主治脾虛泄瀉、消化不良、胸膈脹悶、風寒濕痺疼痛、水濕停留引致面目虛浮、四肢腫脹、嘔吐痰水、胎氣不安及自汗等症。

*「白朮利水湯」對於因脾虛引致的面目虛浮及四肢腫滿，均具食療作用。

Bai Zhu is a perennial herb and its root is used as medicine. The one which is thick and hard brownish-yellow outside and whitish-yellow inside is the best.

Bai Zhu invigorates the Spleen, eliminates Dry-Dampness, expels sputum, promotes diuresis, checks diarrhoea and calms the foetus.

Bai Zhu mainly treats diarrhoea due to Spleen-asthenia, indigestion, full sensation over the chest, arthralgia and pain due to Wind-Cold-Wetness evils, swelling of the face due to retention of water, swelling of the limbs, vomiting, excessive foetal movement and spontaneous sweating.

* Bai Zhu Soup is good for swelling of the face and the limbs due to Spleen-asthenia.

Serves 2

Ingredients:

12 g Bai Zhu
12 g Wu Jia Pi
12 g Da Fu Pi
15 g Fu Ling Pi
8 g dried tangerine peel
150 g shin of pork

Method:

Wash all the ingredients. Scald and wash shin of pork. Put all the ingredients into pot and cook for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Serve.



甘、苦、微溫 白朮

Sweet, bitter, slightly warm Bai Zhu

甘草鷓鴣化痰湯

Licorice Root and Chinese Francolin Soup



甘草

甘、平、炙後微溫

Licorice Root

Sweet, neutral, slightly warm after being processed



甘草為多年生草本植物，入藥用其根。以皮色深褐、內呈黃色、粗壯有黃粉者為佳。功能補脾益氣、潤肺止咳、清熱解毒、調和諸藥。

甘草生用能清熱瀉火、生津解毒；蜜炙甘草則能溫中補脾胃。

主治脾胃虛弱泄瀉、肺虛咳嗽、外癆腫毒等症，又能緩和藥物烈性及解藥毒。而甘草梢亦可治淋病莖中痛。

*「甘草鷓鴣化痰湯」能滋潤化痰，老人與幼兒尤其適合飲用。

Licorice root is a kind of perennial herb and its root is used as medicine. Good licorice root is dark brown outside, yellow inside and thick with yellow powder. Licorice root tonifies the Spleen, benefits the Qi, moistens the Lungs, relieves coughs, expels toxic Heat and moderates other herbs.

Raw licorice root expels Heat, quenches Fire, promotes secretion of body fluids and counteracts poison while processed licorice root warms the Middle and tonifies the Spleen and Stomach.

Licorice root mainly treats diarrhoea due to asthenia of the Spleen and Stomach, coughs due to asthenia of the Lungs, sores and swelling. It also harmonizes with other herbs and detoxifies poison from medicines. Licorice root treats pain in the penis due to stranguria.

* Licorice Root and Chinese Francolin Soup nourishes the body and eliminates sputum and is suitable for the elderly and infants.

二人份量

材料：

炙甘草
桔梗
川貝
鷓鴣

三錢
三錢
一錢
一隻

做法：

將鷓鴣剖淨後再飛水沖淨，與各材料同放燉盅內以文火燉三小時即成。亦可加入四杯清水以文火煲兩小時。

Serves 2

Ingredients:

12 g moxibusted licorice root
12 g Ge Jie
4 g Chuan Bei
1 Chinese francolin

Method:

Gut, scald and rinse Chinese francolin. Put all the ingredients into stewing pot. Stew over low heat for 3 hours and serve or add 4 cups of water and cook over low heat for 2 hours.

飴糖北芪補氣茶

Maltose and Bei Qi Tea

一人份量

材料：

飴糖 一兩
北芪 一兩

做法：

先將北芪及兩杯清水放入燉盅內，以文火燉兩小時，再加飴糖燉半小時即成。

忌：中滿吐逆，濕熱內鬱者忌用。



飴糖是以糯米或粳米磨成粉，加入麥芽煎熬，發酵糖化而成。

功能補中益氣、潤肺止咳。

主治中氣虛乏、肺燥咳嗽、虛寒性腹中急痛等症。

*「飴糖北芪補氣茶」對中氣不足、常感疲乏困倦者，有補氣及補虛的食療功效。

Maltose is made by first grinding glutinous rice or long-grain rice into powder, then cooking with malt and finally fermenting.

Maltose tonifies the Middle, benefits the Qi, moistens the Lungs and relieves coughs.

Maltose mainly treats deficiency of the Middle Qi, coughs due to Dryness of the Lungs and sudden abdominal pain due to asthenic-Cold.

* Maltose and Bei Qi Tea is good for Qi deficiency in the Middle and feeling fatigued all the time as it tonifies the Qi and relieves asthenia.

Serves 1

Ingredients:

38 g maltose

38 g Bei Qi

Method:

Put Bei Qi and 2 cups of water into stewing pot. Stew over low heat for 2 hours. Add maltose and stew for 1/2 hour. Serve.

Note: People who are vomiting and have hiccups due to abdominal bloating and Damp-Heat should not drink this tea.



甘、溫 飴糖

Sweet, warm Maltose

扁豆補中化濕湯

Hyacinth Bean Soup



扁豆

甘、微溫

Hyacinth Beans

Sweet, slightly warm



扁豆含有蛋白質、脂肪、碳水化合物、維他命 A、B、C 及鈣、磷、鋅、鐵等礦物質。生扁豆功能除濕熱，經炒過的扁豆功能健脾胃。

扁豆煲粥適合胃寒者食用，對喜歡雜食者亦有幫助消化、調理腸胃、回復正常大便的功效。配合赤小豆、荷葉、生熟薏米及冬瓜煲湯，功能解暑、去濕、暢通小便，是暑天最好的湯水。以扁豆煲水作日常飲料，對延醫吃藥後的嘔吐、泄瀉患者亦有輔療作用。

* 暑熱天時常進生冷飲食，會導致脾濕腹痛、泄瀉，常飲此湯有食療功效。

Hyacinth beans contain protein, fat, carbohydrates, Vitamins A, B and C and minerals like calcium, phosphorous, zinc and iron. Raw hyacinth beans eliminate Damp-Heat while stir fried hyacinth beans invigorate the Spleen and Stomach.

Hyacinth Bean Congee is suitable for people who have Stomach-Cold. For people who are omnivorous, hyacinth beans help digestion, regulate the bowels and promote normal excretion. Hyacinth beans can be cooked with small red beans, lotus leaves, raw and cooked Job's tears and winter melon to make soup. This soup eliminates summer-heat, expels Dampness and unblocks the bowels. Hyacinth beans can be cooked with water. Hyacinth Bean Soup is good for counteracting nausea and diarrhoea caused by prescription medicines.

* Good for Spleen-Dampness and abdominal pain, diarrhoea caused by cold food and drinks consumed in summer.

四人份量

材料：

扁豆	一兩
白朮	三錢
鮮荷葉	一小塊
連皮冬瓜	二斤
光鴨	一隻
陳皮	1/4 個

調味料：

鹽	適量
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做法：

1. 光鴨及鮮荷葉分別飛水沖淨，陳皮浸軟。
2. 將各材料放於大煲內，注入適量清水，沸騰後轉文火煲三小時，下鹽調味即成。
(光鴨最宜去清脂肪及鴨皮，亦可用瘦肉或鷄鶉代替。)

Serves 4

Ingredients:

38 g hyacinth beans
12 g Bai Zhu
1 small fresh lotus leaf
1200 g wintermelon with peel
1 duck
1/4 dried tangerine peel

Seasoning:

salt

Method:

1. Scald and rinse duck and lotus leaf separately. Soak dried tangerine peel until soft.
2. Put all the ingredients into large pot. Add water and bring to the boil. Reduce to low heat and cook for 3 hours. Season with salt and serve. (Remove fat and skin from duck. Duck can be replaced by lean pork or quail.)

靈芝瘦肉湯

Ling Zhi and Lean Pork Soup

二人份量

材料：

靈芝	五錢
淮山	五錢
瘦肉	八兩
紅棗	五粒

做法：

1. 將紅棗去核，瘦肉飛水過冷河。
2. 把各材料放於煲內，注入適量清水，先以大火煲十分鐘，再轉文火煲二小時半即可飲用。

忌：外感初起者忌用。



靈芝為多年生菌科植物的子實體，分佈於中國大部分地區。含有醣類、蛋白質、甘露醇、有機酸、麥角甾醇等。

經現代科學鑑證，靈芝菌傘部分含大量「鍺」元素，功能提高人體的免疫能力，促進新陳代謝，延緩衰老。靈芝又能清血解瘡毒，兼可潤膚養顏，去脂降血壓，對治療癌症及慢性肝炎亦有一定功效。

*「靈芝瘦肉湯」對慢性氣管炎及支氣管哮喘有食療之效。

Ling Zhi grows in most parts of China. It contains carbohydrates, protein, mannitol and organic acid.

Scientific research shows that as Ling Zhi is rich in germanium, Ling Zhi strengthens the immune system, speeds up metabolism and retards the process of ageing. Ling Zhi also clears the Blood, cures ulcers, moistens the skin, eliminates fat, lowers blood pressure and thus is good for cancer and protracted hepatitis.

* Ling Zhi and Lean Pork Soup is good for chronic tracheitis, asthma and bronchitis.

Serves 2

Ingredients:

- 19 g Ling Zhi
- 19 g Huai Shan
- 300 g lean pork
- 5 red dates

Method:

1. Stone red dates. Soak lean pork until soft. Scald and rinse.
2. Put all the ingredients into pot. Add water and cook over high heat for 10 minutes. Reduce to low heat and cook for 2 1/2 hours. Serve.

Note: People who have a common cold in the early stage should not drink this soup.



甘、平 靈芝
Sweet, neutral Ling Zhi

人參大補元氣湯

Ginseng and Black-skinned Chicken Soup



人參

甘、微溫

Ginseng

Sweet, slightly warm



人參為五加科多年生草本植物的根。以產於中國遼寧、吉林、黑龍江的野生人參最負盛名。可分為生曬參、刮皮參、原皮參、紅參、白參、條參及尾參等等。主要成分為人參皂甙，經醫藥實驗證明人參皂甙具有抗衰老的作用，能增強人體的免疫功能 and 對自然界的適應能力。

人參功能大補元氣、益智寧神、生津、補脾補肺氣。人參鬚和人參葉亦含有大量皂甙，功效清補，煎水飲用或作茶沖燉，男女老幼皆宜。

*「人參大補元氣湯」大補元氣，有防老食療功效。

Ginseng is the root of *Panax ginseng* C. A. Mey. [*P. schin-seng* Nees]. The ginseng which grows in the wild in Liaoning, Ji Ling and Hei Long Jiang in China is the most famous. There are dried Ginseng, peeled Ginseng, unpeeled Ginseng, red Ginseng, white Ginseng, strip Ginseng and Wei Shen. Ginseng contains mainly panaxoside. Scientific research indicates that panaxoside retards the process of ageing, strengthens the immune system and the power to fit into the natural world.

Ginseng tonifies the Qi, improves mentality, calms the Spirit, promotes secretion of body fluids, tonifies the Spleen and Lung-Qi. The fibrous root and leaves of Ginseng also contain a large amount of panaxoside. It is suitable for all ages when cooked with water or made into tea.

* Tonifies the Qi and retards the process of ageing.

四人份量

材料：

高麗人參粉	二錢
糯米	一兩
紅棗	五粒
烏骨雞	一隻
沸水	一杯

調味料：

鹽	適量
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做法：

1. 先將烏骨雞剖淨，經飛水沖淨後瀝乾。
2. 糯米浸軟，紅棗去核。
3. 把人參粉及糯米放入烏骨雞肚內，再把烏骨雞放入燉盅內。
4. 注入沸水及紅棗，蓋好隔水燉三小時，下鹽調味即成。

忌：肝陽亢盛，濕阻熱盛者忌用。大量或長期服用人參，會產生副作用，出現高血壓、煩躁失眠、頭痛、體溫升高、出血，少數人會出現性情抑壓，稱「人參濫用綜合症」，故人參不宜濫用。

Serves 4

Ingredients:

8 g Ginseng powder
38 g glutinous rice
5 red dates
1 black-skinned chicken
1 cup boiling water

Seasoning:

salt

Method:

1. Gut black-skinned chicken. Scald, rinse and drain.
2. Soak glutinous rice until soft. Stone red dates.
3. Put Ginseng powder and glutinous rice into chicken cavity. Put chicken into stewing pot.
4. Add boiling water and red dates. Cover and stew for 3 hours. Season with salt.

Note: People who have exuberant Liver-Yang and exuberant Heat due to Dampness obstruction should not drink this soup. Large dosage or large dosage of Ginseng for a long time may bring about by-effects like high blood pressure, restlessness, insomnia, headache, rise in body temperature and bleeding. Some people may feel oppressed. So people should not overuse Ginseng.

北芪補氣湯

Bei Qi and Pigeon Soup

二人份量

材料：

北芪	三錢
黨參	三錢
紅棗	三粒
老鴿	一隻

調味料：

鹽	適量
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做法：

1. 先將老鴿剖淨，飛水過冷河後瀝乾。
2. 紅棗去核，各藥材洗淨。
3. 把各材料放入煲內，注入適量清水，待水沸騰後十分鐘再轉文火煲兩小時，下鹽調味即成。
(可用老雞、鶉鴉、牛腱或羊肉輪流煲湯。素食者可不用肉類。)

忌：陰虛陽盛者忌用。



北芪又名黃芪，為豆科多年生草本植物的根。含有生物鹼、葉酸、膽鹼、氨基酸、蔗糖和葡萄糖醛酸等成分。有強心、擴張血管、利尿降壓、保護肝臟、提高人體免疫能力及延緩衰老等作用。

北芪是補氣藥之上選。功能補益元氣、健脾養胃、利水消腫、排膿生肌。對自汗盜汗、子宮下垂、胃下垂、脫肛、脾虛泄瀉等症均有良好療效。若北芪配合益母草、枳殼、升麻等煎水飲用，對子宮陰道壁下垂有升提功效。

*「北芪補氣湯」對聲線柔弱、容易疲倦及步行乏力的氣虛者均有補氣的食療功效。

Bei Qi is also called Huang Qi. Bei Qi contains alkaloid, folic acid, choline, amino acids, sugar cane and glucose aldehyde acid. It strengthens the Heart, enlarges blood vessels, promotes urination, lowers blood pressure, protects the Liver, strengthens the immune system and retards the process of ageing. Bei Qi is a good tonic for the Qi. It tonifies and benefits the Qi, invigorates the Spleen and Stomach, induces diuresis, helps swelling to go down, removes pus and induces the generation of new tissues. Bei Qi is good for spontaneous sweating, night sweating, prolapse of the uterus, ptosis of the stomach, prolapse of the anus, diarrhoea due to Spleen-asthenia. Used with Yi Mu Cao, Ji Ke and Sheng Ma, Bei Qi is good for drooping of the walls of the vagina.

* Good for people who have Qi-asthenia soft voice, who fatigue easily with the characteristic of walking with difficulty.



甘、溫 北芪
Sweet, warm Bei Qi

Serves 2

Ingredients:

- 12 g Bei Qi
- 12 g Dang Shen
- 3 red dates
- 1 mature pigeon

Seasoning:

salt

Method:

1. Gut pigeon, scald, rinse and drain.
2. Stone red dates and wash all the ingredients.
3. Put the ingredients into pot. Add water and bring to the boil. Simmer for 10 minutes. Reduce to low heat and cook for 2 hours. Season with salt and serve.
(Mature chicken, quail, shin of beef or mutton can be used instead of pigeon to make soup. Vegetarians can omit meat in the recipe.)

Note: People who have Yin-asthenia and exuberant Yang should not drink this soup.

冬蟲草番鴨補虛湯

Chinese Cordyceps and Duck Soup



二人份量

材料：

冬蟲草	三錢
元肉	三錢
陳皮	1/4 個
番鴨	半隻

調味料：

鹽	適量
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做法：

1. 先將番鴨洗淨，飛水過冷河後瀝乾。
2. 連同經已洗淨的材料放燉盅內，注入一杯沸水，蓋好後隔水燉三小時，下鹽調味即成。

忌：外感者忌服冬蟲草。

Serves 2

Ingredients:

12 g Chinese cordyceps
12 g dried longans
1/4 dried tangerine peel
1/2 duck

Seasoning:

salt

Method:

1. Gut duck, scald, rinse and drain.
2. Put all the ingredients into stewing pot. Add 1 cup boiling of water. Cover and stew for 3 hours. Season with salt and serve.

Note: People who have a common cold should not eat Chinese cordyceps.

冬蟲草

甘、溫

Chinese Cordyceps

Sweet, warm



冬蟲草又名冬蟲夏草，簡稱蟲草。原產於西藏、雲南、四川等地的山頭上。冬蟲草原是野生草本植物，寄生在鱗翅目某些昆蟲體內，於春夏季節在蟲體尾部發芽繁殖如草。

冬蟲草含有蛋白質、脂肪、維他命 B₁₂、蟲草素、蟲草酸等。功能滋陰補腎，養肺補精髓。能治理腰膝軟痛，調理虛弱，並有鎮靜、安眠及防老作用。以冬蟲草燉去皮老鴨，功能調理病後虛弱，具預防衰老食療之效。患有貧血者，可以冬蟲草燉水魚或番鴨，對貧血體弱、頭暈目眩等有調理作用。

*「冬蟲草番鴨補虛湯」對老年人及病後虛弱者有補中益氣的食療功效。

Chinese cordyceps are also called Dong Chong Xia Cao or Chong Cao. They grow on the mountains in places like Xi Zhang, Yunnan and Sichuan in China. Chinese cordyceps are wild herbs and live in insects like the cutworm as parasites. Between spring and summer, Chinese cordyceps germinate and grow like a plant on the tails of the insects.

Chinese cordyceps contain protein, fat, Vitamin B₁₂ and cordycepic acid. They nourish Yin, tonify the Kidneys and invigorate the Lungs. They are good for pain in the loins and the knees and insomnia, recuperation and retard the process of ageing. Stewed Chinese Cordyceps and Skinned Mature Duck recuperates one's health after illnesses and retards the process of ageing. People who have anaemia can eat stewed Chinese Cordyceps with Soft-shelled Turtle. This dish is good for asthenia and dizziness due to anaemia.

* For the elderly or people who are asthenic after illness, Chinese Cordyceps and Duck Soup tonifies the Middle and benefits the Qi.

淮山補肺氣湯

Huai Shan and Pig's Spleen Soup

一人份量

材料：

淮山 五錢
豬橫脷 兩條

調味料：

鹽 適量

做法：

1. 將豬橫脷去肥脂後飛水沖淨，淮山加水浸軟，豬橫脷與淮山一同放煲內。
2. 注入適量清水，待水沸騰後改以文火煲一小時，下鹽調味即成。

忌：患感冒、大熱、痧症等熱症勿用。



淮山又名山藥、懷山；盛產於湖南、湖北及河南一帶，是山野間蔓生植物薯蕷的根。含有澱粉質、碳水化合物、膽碱、皂甙、多酚氧化酶，自由氨基酸和維他命C等。

淮山是性質平和的滋補食物，久服能強身健體，防衰老，又能益脾胃、助消化、止瀉、益氣力。對於脾胃氣虛引致食慾不振、消化不良、泄瀉、乏力、消瘦等症狀有食療之效。又能補肺止咳，補腎益精及治療糖尿病。

將淮山磨成粉末，配合粘米、陳皮、肉末煲粥，對身體虛弱者有頗佳食療功效。

*「淮山補肺氣湯」對脾腎虛、肺氣不足者有食療功效。

Huai Shan is also called Shan Yao. It grows mainly around Hunan, Hubei and Henan in China. Huai Shan contains starch, carbohydrates, choline, polyphenol oxidase and Vitamin C.

Huai Shan is a tonifier. When eaten for a long time, Huai Shan strengthens the body, retards the process of ageing, benefits the Spleen and Stomach, helps digestion, checks diarrhoea, benefits the Qi. It is good for loss of appetite, indigestion, diarrhoea and loss of weight due to Qi-deficiency of the Spleen and Stomach. It also tonifies the Lungs, relieves coughs, tonifies the Kidneys, benefits the Jing and treats diabetes.

Huai Shan can be grated into powder and cooked with long grain rice, dried tangerine peel and minced meat to make congee. This congee is good for people who are asthenic.

* Huai Shan and Pig's Spleen Soup is good for asthenia of the Spleen and Kidneys and Qi-deficiency of the Lungs.



甘、平 淮山
Sweet, neutral Huai Shan

Serves 1

Ingredients:

19 g Huai Shan
2 pig's spleens

Seasoning:

salt

Method:

1. Remove fat from pig's spleen, scald and rinse. Soak Huai Shan until soft. Put pig's spleens and Huai Shan into pot.
2. Add water and bring to the boil. Reduce to low heat and cook for 1 hour. Season with salt and serve.

Note: People suffering from a common cold or Heat-syndrome should not drink this soup.

沙參玉竹豬肺湯

Sha Shen, Yu Zhu and Pig's Lung Soup



北沙參

甘、寒

Bei Sha Shen

Sweet, cold



沙參有南沙參、北沙參兩種。南沙參為桔梗科植物杏葉沙參的根，質粗形大，藥力較薄。北沙參為傘形科植物珊瑚菜的根，質堅形細性寒。

沙參含有生物鹼、皂素、皂鹼素等。功能養胃生津，潤肺止咳。

主治因肺熱引致之咳嗽，因陰虛引致之津枯口燥等症。

沙參配合玉竹、豬心及豬肺煲湯，功能補心肺、益氣血、寧神安睡。

*「沙參玉竹豬肺湯」能補肺止咳兼益氣血。

There are two kinds of Sha Shen, namely Nan Sha Shen and Bei Sha Shen. Nan Sha Shen is the root of *A. axilliflora* Borb (*A. stricta* mig.). It is thick in texture, big in size and is not so strong as Bei Sha Shen. Bei Sha Shen is hard in texture, small in size and Cold in nature.

Sha Shen contains alkaloid. It invigorates the Stomach, promotes the secretion of body fluids, moistens the Lungs and relieves coughs with sputum.

Sha Shen treats mainly coughs due to Lung-Heat and thirst due to Yin-deficiency.

Used with Yu Zhu, pig's hearts and pig's lungs to make soup, Sha Shen tonifies the Heart and Lungs, benefits the Qi and Blood, calms the Spirit and helps sleeping.

* Sha Shen, Yu Zhu and Pig's Lung Soup tonifies the Lungs and benefits the Qi and Blood.

四人份量

材料：

沙參	三錢
玉竹	三錢
蜜棗	三粒
豬肺	一個

調味料：

鹽	適量
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做法：

1. 先將豬肺用清水沖洗至潔白，切件後放入沸水內煮片刻，再以白鑊炕乾。
2. 把各材料放入大煲內，注入適量清水，待水沸騰十分鐘後轉文火煲一小時半，下鹽調味即成。
(亦可用燉盅燉三小時)

忌：肺寒咳嗽者忌用。

Serves 4

Ingredients:

12 g Sha Shen
12 g Yu Zhu
3 candied dates
1 pair of pig's lungs

Seasoning:

salt

Method:

1. Rinse pig's lungs until white and clean. Chop up and simmer in boiling water for a while. Dry in wok without oil.
2. Put all the ingredients into large pot. Add water and bring to the boil. Simmer for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Season with salt and serve or stew in stewing pot for 3 hours.

Note: People who have coughs due to Lung-Cold should not drink this soup.

花旗參生津補氣湯

American Ginseng and Chicken Soup

四人份量

材料：

花旗參 一兩
蜜棗 兩粒
老雞 一隻

調味料：

鹽 適量

做法：

1. 把老雞剖淨，去皮去脂肪後再飛水沖淨。
2. 將各材料放入煲內，注入適量清水，以猛火滾十分鐘後再轉文火煲兩小時，下鹽調味即可飲用。
(飲湯吃肉)

忌：本品性寒涼，凡腹冷痛、濕熱未盡及身體虛寒者忌用。



花旗參又名西洋參；乃多年生草本植物，入藥用其乾燥根。

功能養胃生津、補肺降火。

主治因熱病或陰虛引致的肺胃津枯、煩渴氣弱，以及因肺陰不足而引致的喘咳或燥咳等症，對虛火牙痛亦有一定療效。

*「花旗參生津補氣湯」可補氣補血，生津去痰。

American Ginseng is also called Xi Yang Shen. It is a type of perennial herb and its dried root is used as medicine.

American Ginseng invigorates the Stomach, promotes the secretion of body fluids, tonifies the Lungs and diverts Fire downwards.

American Ginseng mainly treats Dryness of the Lungs and Stomach and dire thirst and Qi-asthenia due to febrile diseases or Yin-asthenia. It is also good for asthma and coughs due to Dryness-Heat evils which are caused by Lung-Yin deficiency and toothache due to asthenia Fire.

* American Ginseng and Chicken Soup tonifies the Qi and Blood, promotes the secretion of body fluids and eliminates sputum.



甘、苦、涼 花旗參

Sweet, bitter, cold American Ginseng

Serves 4

Ingredients:

38 g American ginseng
2 candied dates
1 mature chicken

Seasoning:

salt

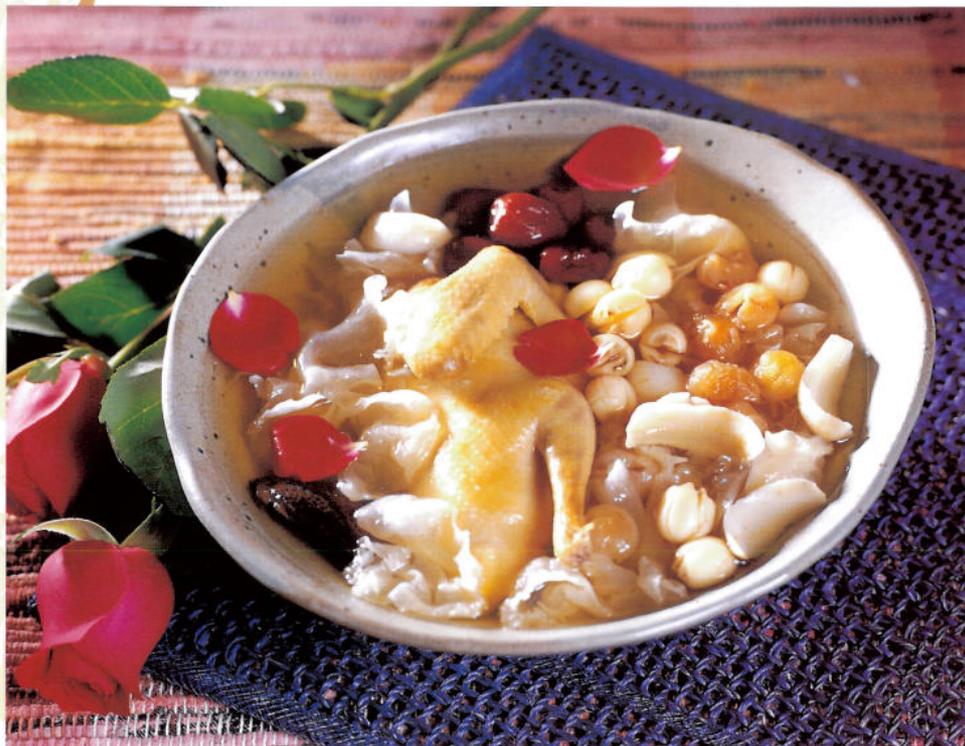
Method:

1. Gut chicken. Skin and remove fat from chicken. Scald and rinse.
2. Put all the ingredients into pot. Add water and simmer for 10 minutes over high heat. Reduce to low heat and cook for 2 hours. Season with salt and serve.
(Drink the soup and eat the chicken.)

Note: People who have incomplete expelling of Damp-Heat and Cold-asthenia should not drink this soup.

養顏湯

Anti-ageing Soup



四人份量

材料：

乾百合	二兩
白蓮子	二兩
紅棗	十粒
元肉	五錢
雪耳	三錢
陳皮	1/4 個
乳鴿	一隻
乾紅玫瑰花	適量

調味料：

鹽	適量
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做法：

1. 先將乾百合、白蓮子、陳皮及雪耳浸軟。
2. 紅棗去核，乳鴿去皮，飛水沖淨待用。
3. 乾玫瑰花用熱水略沖，瀝乾水分。
4. 將各材料放於煲內，注入適量沸水煲一小時半，下鹽調味，再加入乾玫瑰花即成。
(若採用鮮百合，只需煲兩分鐘，不宜過久。)

Serves 4

Ingredients:

75 g dried lily bulbs
75 g white lotus seeds
10 red dates
19 g dried longans
12 g white fungi
1/4 dried tangerine peel
1 young pigeon
dried red rose petals

Seasoning:

salt

Method:

1. Soak dried lily bulbs, white lotus seeds, dried tangerine peel and white fungi until soft.
2. Stone red dates. Skin pigeon, scald and rinse.
3. Wash dried red rose petals with salty hot water and drain.
4. Put all the ingredients into pot. Add boiling water and cook for 1 1/2 hours. Season with salt and add dried red rose petals. Serve.
(If fresh lily bulbs are used, cook for 2 minutes only.)

百合

甘、淡、微寒

Lily

Sweet, bland, slightly cold



百合屬於百合科植物，可供食用部分為肉質鱗莖，白花百合之肉質鱗莖更可供藥用。以產於湖南、廣東、江蘇者為上品。分鮮百合和乾貨兩種。含有多種生物碱、蛋白質、澱粉質、脂肪及維他命等。

百合功能補中益氣、潤肺止咳、治燥熱、寧神安定。配以瘦肉煲湯，飲後能消除疲勞，補充體力；以鮮百合加水磨成糊，隔渣後成百合汁，煮沸待冷飲用，能止肺病吐血，是延醫吃藥治療外的最佳輔療。

*「養顏湯」可滋陰除燥、柔肝順氣、潤肺養顏容。

Lily bulbs can be eaten and the bulb of white flower lily can be used as medicine. The lilies grown in Hunan, Guangdong and Jiangsu in China are the best. There are fresh and dried lily bulbs. They contain several types of alkaloid, protein, starch, fat and vitamins.

Lilies tonify the Middle, benefit the Qi, moisten the Lungs, relieve coughs and treat Dry-Heat and calm the Spirit. Used with lean pork to make soup, lilies are good for fatigue and regaining body strength. Lilies can be grated into sweet soup, then strained to make lily juice and finally brought to the boil and allowed to cool. Lily juice stops blood-spitting caused by pulmonary diseases and is supplementary to medication.

* Tonifies Yin, eliminates irritation, softens the Liver, regulates the circulation of Qi, tonifies the Lungs and retards the process of ageing.

熟地補血湯

Shu Di and Shin of Pork Soup

二人份量

材料：

熟地	五錢
當歸	二錢
白芍	二錢
川芎	二錢
豬腱	六兩

調味料：

鹽	適量
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做法：

1. 將各材料洗淨，豬腱飛水沖淨。
2. 將所有材料放入煲內，注入適量清水，沸騰後改以慢火再煲一小時半，下鹽調味即成。

忌：胃氣薄弱，有濕者忌用。熟地忌與蘿蔔、蔥、蒜等同時進食。



熟地又名熟地黃，乃生地伴以米酒同蒸，經九蒸九曬後炮製而成，質地黏稠柔軟。

功能滋陰、養血、補腎。

主治月經不調、腎虧腰痠、久病衰弱等症。

*「熟地補血湯」對婦女血虛經閉，月經不調，痛經患者有調經止痛，養血活血的食療作用。

Shu Di is also called Shu Di Huang. It is made by steaming Sheng Di and rice wine together and drying them under the sun for nine times. It is sticky and soft.

Shu Di nourishes Yin, invigorates the Blood and tonifies the Kidneys.

Shu Di mainly treats irregular menstruation, pain in the loins due to deficiency of the Kidneys, asthenia due to prolonged illnesses.

* Shu Di and Shin of Pork Soup is good for amenorrhoea, menstrual disorders and period pain due to Blood-asthenia as it regulates menstruation, stops pain, invigorates the Blood and promotes the circulation of Blood. It tonifies the Kidneys and treats insomnia.



甘、微溫 **熟地**

Sweet, slightly warm **Shu Di**

Serves 2

Ingredients:

19 g Shu Di
8 g Dang Gui
8 g Bai shao
8 g Chuan Xiong
225 g shin of pork

Seasoning:

salt

Method:

1. Wash all the ingredients. Scald and rinse shin of pork.
2. Put all the ingredients into pot. Add water and bring to the boil. Reduce to low heat and cook for 1 1/2 hours. Season with salt and serve.

Note: People who have deficiency of the Stomach-Qi or Dampness should not drink this soup. Shu Di must not be eaten together with carrots, spring onion and garlic.

天冬防老湯

Tian Dong and Snakehead Soup



天門冬

甘苦、大寒

Tian Men Dong

Sweet-bitter, very cold



天門冬又稱為天冬，為多年生蔓性草本植物，入藥用其根塊。主要產地在四川、雲南、貴州、湖南及浙江等地。以肥大，色澤明亮而略呈透明為佳。

天門冬含有19種氨基酸、多種低聚糖、甾體皂甙等。功能滋陰潤肺、清肺止咳、消渴。主治虛勞咳嗽吐血及便秘等症。現代藥理實驗證明，天門冬具有很強的效能，可清除導致組織老化的超氧自由基，故此，天門冬具有抗衰老的功效。天門冬配合人參、熟地，有養陰、解燥、防老等食療功效。

*「天冬防老湯」可養陰潤燥，具防老食療功效。

Tian Men Dong is also called Tian Dong. Its rhizome is used as medicine. It grows mainly in places like Sichuan, Yunnan, Gui Zhou, Hunan and Jiejiang in China. Good Tian Men Dong glows with lustre, is thick and transparent.

Tian Men Dong contains 19 kinds of amino acids. It nourishes Yin, moistens the Lungs, clears stagnated Qi in the Lungs, relieves coughs and quenches thirst. It mainly treats coughs, blood-spitting and constipation due to consumptive diseases. Scientific research proves that Tian Men Dong retards ageing. Used with Ginseng and Shu Di, Tian Men Dong nourishes Yin, removes Dryness and retards the process of ageing.

* Tonifies Yin, moistens Dryness and retards the process of ageing.

二人份量

材料：

天冬	八錢
人參	二錢
熟地	三錢
生魚	一條

調味料：

鹽	適量
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做法：

1. 將生魚打鱗剖淨，下油鑊煎至微黃。
2. 把各材料放入大煲內，注入適量清水，待水沸後十分鐘再改以文火煲兩小時，下鹽調味即成。
(可以其他肉類代替生魚)

忌：脾胃虛寒者不宜。

Serves 2

Ingredients:

30 g Tian Dong
8 g Ginseng
12 g Shu Di
1 snakehead

Seasoning:

salt

Method:

1. Scale fish and gut. Saute in wok until light brown.
2. Put all the ingredients into large pot. Bring to the boil and simmer for 10 minutes. Reduce to low heat and cook for 2 hours. Season with salt and serve. (Snakehead can be replaced by other kinds of meat.)

Note: People who have cold-asthenia of the Spleen and Stomach should not drink this soup.

菟絲子補腎湯

Tu Si Zi and Pig's Kidney Soup

二人份量

材料：

菟絲子	三錢
淮山	二錢
茯苓	二錢
杞子	二錢
蓮子	五錢
豬腰	兩個

調味料：

鹽	適量
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做法：

1. 先切開豬腰，起清白色筋膜，用鹽水浸二小時，瀝乾血水，再飛水過冷河後瀝乾備用。
2. 把洗乾淨的藥材及三碗水放於煲內，煮至剩下一碗，隔渣成湯。
3. 加入豬腰翻滾至熟，下鹽調味即成。



菟絲子為一年生寄生性蔓草，入藥用其成熟種子。

功能補肝腎、益精壯陽、強陰明目。

主治因肝腎不足所致之陽痿、遺精、腎虛腰痛、小便過多及頭昏目眩等症。

*「菟絲子補腎湯」可補腎健脾。對腎虛腰痛、視物矇矓及目眩者有食療功效。

Tu Si Zi mature seeds are used as medicine.

Tu Si Zi tonify the Liver and Kidneys, benefit the Jing, strengthen Yang and Yin and improve eyesight.

Tu Si Zi mainly treats impotence, nocturnal emission due to Liver and Kidney-deficiency, pain in the loins, excessive urination and dizziness due to Kidney-asthenia.

* Tu Si Zi and Pig's kidney Soup tonifies the Kidneys and invigorates the Spleen, therefore good for pain in the loins, blurred vision and dizziness due to Kidney-asthenia.



甘、辛 菟絲子
Sweet, acrid Tu Si Zi

Serves 2

Ingredients:

12 g Tu Si Zi
8 g Huai Shan
8 g Fu Ling
8 g Qi Zi
19 g lotus seeds
2 pig's kidneys

Seasoning:

salt

Method:

1. Cut pig's kidneys into pieces. Remove white tendons and membrane. Scald, rinse and drain.
2. Put all the washed herbs and 3 bowls of water into pot. Cook until only 1 bowl of liquid remains. Strain the liquid.
3. Add pig's kidneys and bring to the boil again until pig's kidneys are cooked. Season with salt and serve.

桑椹風濕酒

Sang Zhen Wine



桑椹子

甘、寒

Sang Zhen Zi

Sweet, cold



桑椹子為落葉喬木桑樹的成熟果實。功能滋陰補血、潤腸通便。

主治肝陰不足、口乾舌燥、陽亢眩暈、失眠、大便燥結等症。此外又能消渴、解酒毒、去風濕、利關節、寧神及明目聰耳等。

*「桑椹風濕酒」對風濕關節痛、四肢麻痺、身體局部疼痛等有食療功效。

Sang Zhen Zi is the mature fruit of morus alba L.

Sang Zhen Zi nourishes Yin, tonifies the Blood and unlocks the bowels.

Sang Zhen Zi treats Yin-deficiency of the Liver, Dryness in the mouth and of the tongue, dizziness, insomnia and dry stools due to exuberant Yang. It quenches thirst, counteracts excess wine consumption, eliminates Wind-Dampness, benefits the joints, calms the Spirit and improves eyesight and hearing.

* Good for rheumatic pain, numbness of the limbs and partial pain of the body.

四人份量

材料：

桑椹子	三兩
宣木瓜	一兩
五加皮	一兩
高粱酒	三斤

做法：

把桑椹子、宣木瓜及五加皮洗淨抹乾，放入高粱酒內，浸一個月即可飲用。

忌：脾虛便泄者忌用。

Serves 4

Ingredients:

112 g Sang Zhen Zi
38 g Xuan Mu Gua
38 g Wu Jia Pi
1800 g Gao Liang wine

Method:

Wash Sang Zhen Zi, Xuan Mu Gua and Wu Jia Pi and wipe dry. Add Gao Liang wine and soak for 1 month. Serve.

Note: People who have diarrhoea due to asthenia of the Spleen should not drink this wine.

補肝益腎女貞子湯

Nu Zhen Zi Soup

一人份量

材料：

女貞子	三錢
旱蓮草	三錢
桑椹子	二錢
海龍、海馬	二錢
豬腱	四兩

調味料：

鹽	適量
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做法：

1. 將豬腱飛水沖淨，各材料洗淨。
2. 把各材料放入煲內，注入適量清水，待水沸騰後改以文火煲三小時，下鹽調味即成。

忌：陽虛及脾胃虛寒而泄瀉者忌用。



女貞子為常綠灌木女貞的果實。

功能補肝益腎、黑髮烏鬚、聰耳明目等。

主治陰虛肝旺引致之頭暈目眩、耳鳴心悸及失眠等症。對因肝腎不足引致之白髮亦有療效。

*「補肝益腎女貞子湯」對由腎虛引致的白髮、目昏、耳鳴及腰膝痠軟有食療功效。

Nu Zhen Zi tonifies the Liver, benefits the Kidneys, blackens hair and beard and improves eyesight and hearing.

Nu Zhen Zi is good for dizziness, tinnitus, cardiac palpitations and insomnia due to Yin asthenia and exuberant Liver. It is also used for white hair caused by Qi-deficiency of the Liver and Kidneys.

* Good for white hair, blurred vision, tinnitus and pain in the loins and knees due to asthenia of the kidneys.

Serves 1

Ingredients:

12 g Nu Zhen Zi
12 g Han Liang Cao
8 g Sang Zhen Zi
8 g Hai Long
8 g Seahorse
150 g shin of pork

Seasoning:

salt

Method:

1. Scald shin of pork and rinse. Wash all the ingredients.
2. Put all the ingredients into pot. Add water and bring to the boil. Reduce to low heat and cook for 3 hours. Season with salt and serve.

Note: People who have diarrhoea caused by Yang-asthenia and Cold-asthenia of the Stomach and Spleen should not drink this soup.



甘、苦、涼 女貞子

Sweet, bitter, cool Nu Zhen Zi

山茱萸肉粥

Shan Zhu Yu Rou Congee



山茱萸肉

酸、澀、微溫

Shan Zhu Yu Rou

Sour, puckery, slightly warm



山茱萸肉又名山萸肉，為落葉小喬木，入藥用其果實。以肉厚、無核、顏色油潤紫紅、帶酸澀味者為佳。

功能補肝益腎、止汗澀精。

主治因肝腎不足引致之腰痠頭暈、陽痿遺精、婦女月經過多、小便過多及虛汗、自汗等症。

*「山茱萸肉粥」對因肝腎不足引致的頭暈目眩、耳鳴腰痠、遺精、帶下及虛汗不止等症具食療之效。

Shan Zhu Yu Rou is also called Shan Yu Rou. It is a kind of deciduous abor and its fruit is used as medicine. Good Shan Zhu Yu Rou is fleshy, seedless, purplish-red and glows with lustre, it has a sour and puckery taste.

Shan Zhu Yu Rou tonifies the Liver, benefits the Kidneys, stops sweating and restrains seminal discharge.

Shan Zhu Yu Rou is good for pain in the loins, dizziness, impotence, nocturnal emission, excessive menses and urine, profuse sweating diabetes and spontaneous sweating due to Liver and Kidney deficiency.

* Shan Zhu Yu Rou Congee is good for dizziness, tinnitus, pain in the loins, nocturnal emission, morbid leukorrhagia and profuse sweating diabetes.

一人份量

材料：

山茱萸肉
粘米

五錢
一兩

調味料：

糖

適量

做法：

把山茱萸肉去核後洗淨，粘米浸透，連同四杯清水放入煲內煮成粥，下糖調味即成。

忌：濕熱及小便不利者忌用。

Serves 1

Ingredients:

19 g Shan Zhu Yu Rou
38 g long grain rice

Seasoning:

sugar

Method:

Seed Shan Zhu Yu Rou and wash. Soak long grain rice until soft. Put long grain rice and 4 cups of water into pot and cook to make congee. Season with sugar and serve.

Note: People who have damp-Heat and difficult urination should not eat this congee.

黃精補陰湯

Huang Jing and Quail Soup

二人份量

材料：

黃精	五錢
黨參	二錢
北芪	二錢
瘦肉	四兩
鹌鹑	兩隻
陳皮	1/4 個

調味料：

鹽	適量
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做法：

1. 把瘦肉、鹌鹑飛水沖淨，連同各材料放入大煲內。
2. 注入適量清水，先以大火滾十分鐘，再轉文火煲兩小時，下鹽調味即成。

忌：痰濕便溏者忌用。



黃精為多年生草本植物，入藥用其根莖。

黃精能益補脾胃、潤心肺。

主治因肺陰虛引致之燥咳，脾胃虛弱引致之少食，體弱疲倦及病後虛弱等症。

*「黃精補陰湯」對虛弱疲倦有食療功效。

Huang Jing is a kind of perennial herb and its rhizome is used as medicine.

Huang Jing benefits and tonifies the Spleen and Stomach and moistens the Heart and Lungs.

Huang Jing is good for dry coughs due to Yin deficiency of the Lungs, loss of appetite, fatigue due to asthenia after illness.

* Huang Jing and Quail Soup is good for fatigue due to asthenia.

Serves 2

Ingredients:

19 g Huang Jing
8 g Deng Shen
8 g Bei Qi
150 g lean pork
2 quails
1/4 dried tangerine peel

Seasoning:

salt

Method:

1. Scald lean pork and quails and rinse. Put all the ingredients into large pot.
2. Add water and bring to the boil over high heat. Simmer for 10 minutes. Reduce to low heat and cook for 2 hours. Season with salt and serve.

Note: People who have damp sputum and diarrhoea with loose stools should not drink this soup.



甘、平 黃精

Sweet, neutral Huang Jing

鱉甲滋陰湯

Turtle Shell Soup



鱉甲

鹹、寒

Turtle Shells

Salty, cold



鱉甲乃魚鱉類的背甲。功能滋陰潛陽、軟堅散結。

主治陰虛發熱、骨熱、盜汗及心腹癥瘕、久瘡及婦女崩漏等症。

鱉甲煎熬成膠稱為鱉甲膠，有止血、解熱、滋陰等功效。

*「鱉甲滋陰湯」可滋陰除熱。

Turtle shells are the carapaces of *Trionyx sinensis* Wiegmann (Fam. Trionychidae). They nourish Yin, subdue Yang, soften masses and nodulation.

Turtle shells are good for fever, feverish Heat and night sweats due to Yin-deficiency and masses in the abdomen, prolonged malaria and metrorrhagia of women.

Turtle shells can be cooked to make turtle shell gelatine which stops bleeding, expels Heat and nourishes Yin.

* Turtle Shell Soup tonifies Yin and expels Heat.

二人份量

材料：

鱉甲	八錢
龜板	五錢
生地	二錢
熟地	二錢
天冬	一錢
麥冬	一錢
淮山	二錢
玉竹	三錢
茯苓	三錢
元肉	二錢
豬腱	八兩

調味料：

鹽	適量
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做法：

1. 先將豬腱飛水沖淨及洗淨各藥材。
2. 在煲內注入適量清水，把豬腱與藥材同時放下煲三小時，下鹽調味即成。

忌：陽虛無熱、脾虛泄瀉者忌用。

Serves 2

Ingredients:

30 g turtle shell
19 g tortoise shell
8 g Sheng Di
8 g Shu Di
4 g Tian Dong
4 g Mai Dong
8 g Huai Shan
12 g Yu Zhu
12 g Fu Ling
8 g dried longans
300 g shin of pork

Seasoning:

salt

Method:

1. Scald shin of pork and rinse. Wash all of the herbs.
2. Pour water into pot. Put all the ingredients into pot and cook for 3 hours. Season with salt and serve.

Note: People who have no Heat due to Yang-asthenia and diarrhoea due to asthenia of the Spleen should not drink this soup.

龜板補陰湯

Tortoise Shell Soup

四人份量

材料：

龜板	二兩
熟地	五錢
知母	四錢
黃柏	四錢
西施骨	十二兩

做法：

1. 先將西施骨飛水沖淨，與各材料一同放入大煲內。
2. 注入適量清水，待水沸騰後十分鐘轉文火煲三小時即成。

忌：陽虛及外感未清者忌用。



龜板乃爬蟲類烏龜的腹甲。功能滋陰潛陽、補益腎陰。

主治由腎陰不足引致之骨熱、陽痿早泄、腰腳痠痛及婦女因血熱引致之崩漏帶下等症。龜板煎熬成膠稱為龜板膠，其滋陰止血功效更勝龜板。

*「龜板補陰湯」可滋陰補腎。

Tortoise Shells are the shell of the tortoises, a kind of retile. They nourish Yin, subdue Yang, tonify and benefit the Kidneys-Yin.

Tortoise Shells are good for feverish Heat, impotence, premature ejaculation, pain in the loins and the legs due to Yin-deficiency of the Kidneys and metrorrhagia and morbid leukorrhagia of women due to Blood-Heat. Tortoise shells can be cooked to make tortoise shell gelatine which nourishes Yin and stops bleeding and works better than tortoise shells.

* Tortoise Shell Soup tonifies Yin and the Kidneys.

Serves 4

Ingredients:

75 g tortoise shell
19 g Shu Di
15 g Zhi Mu
15 g Huang Bai
450 g pig's vertebrae

Method:

1. Scald pig's vertebrae and rinse. Put all the ingredients into large pot.
2. Add water and bring to the boil. Simmer for 10 minutes. Reduce to low heat and cook for 3 hours.

Note: People who have Yang-asthenia and incomplete recovery from a common cold due to exogenous evils should not drink this soup.



甘、鹹、寒 龜板
Sweet, salty, cold Tortoise Shell

核桃杞子紅棗露

Walnut, Qi Zi and Red Date Sweet Soup



核桃

甘、溫

Walnuts

Sweet, warm



核桃又名胡桃、合桃，為落葉喬木，入藥用其核仁。

功能補腎強腰、益肺止喘、潤澤肌膚、益智慧。

主治腎虛腰痛、膝腳痠軟、肺腎不足引致之氣喘、肺虛久咳及健忘、神經衰弱等症。核桃膈又能治耳鳴。

*「核桃杞子紅棗露」補腎、明目、養顏容。

Walnuts are also called Hu Tao and He Tao. They are deciduous arbors and their fruit is used as medicine.

Walnuts tonify the Kidneys, strengthen the loins, benefit the Lungs, relieve asthma, moisten the skin and benefit mentality. They are good for pain in the loins due to Kidney-asthenia, weakness of the legs, asthma due to deficiency of the Lungs and Kidneys, prolonged coughs due to Lung-asthenia, forgetfulness and neurasthenia.

* Walnut, Qi Zi and Red Date Sweet Soup tonifies the Kidneys, improves eyesight and retards the process of ageing.

二人份量

材料：

去衣核桃	二兩
杞子	三錢
紅棗	五粒
紅米	一湯匙

調味料：

糖	適量
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做法：

1. 先將去衣核桃放入沸水內煮五分鐘，洗淨備用。
2. 紅米浸軟，紅棗浸透，去衣去核。
3. 以攪拌機把各項材料打成幼糊，加水煮片刻，下糖調味即成。進食時加入鮮奶或花奶，味道及營養會更佳。

忌：核桃的食用量每次不宜太多，否則飽滯難消化，生熱、生痰。

Serves 2

Ingredients:

75 g skinned walnuts
12 g Qi Zi
5 red dates
1 tbsp red rice

Seasoning:

sugar

Method:

1. Put walnuts into boiling water and cook for 5 minutes. Wash.
2. Soak red rice and red dates until soft. Skin and stone red dates.
3. Process all the ingredients in blender until the mixture is fine in consistency. Add water and cook for a while. Season with sugar. Serve with fresh milk or evaporated milk in order to make it sweeter and more nutritious.

Note: People should not eat too many walnuts at any one time as they are difficult to digest.

杏汁燉官燕

Stewed Bird's Nest with Almond Juice

二人份量

材料：

燕盞	五錢
大南杏	一兩
冰糖	一兩

做法：

1. 燕盞加沸水浸焗二小時，重覆再做一次，揀淨燕毛，加水沖淨。
2. 南杏洗淨，加半杯水磨成幼滑的杏仁漿，隔渣，備用。
3. 燕窩置燉盅內，注入冰糖及一杯沸水，隔水以大火燉半小時，然後轉慢火燉二小時，加入杏汁後再燉半小時便可供食。



燕窩乃燕子的唾液，因燕子築巢的位置不同而分為屋燕與洞燕兩種。

據《本草綱目》記載，燕窩「入肺生氣、入腎滋水、入胃補脾、補而不燥、燥而不滯」，是補品中的聖品。

適用於肺病咳嗽、痰多、疲勞過度、下痢和病後調養等，是體質衰弱人士和老年人最佳的滋補食品。

Bird's Nest is the saliva of swallows. According to the location of the swallow's nests, bird's nest is categorised as house bird's nest or cave bird's nest. As stated in Ben Cao Gang Mu (Compendium of Materia Medica), bird's nest 'promotes circulation of Lung-Qi, nourishes the Kidneys and tonifies the Spleen and Kidneys. It is nourishing but not too dry and dry enough but does not cause stagnation'. Bird's nest is a favourite tonic in Chinese Medicine.

Bird's nest is used for coughs due to pulmonary diseases, excessive sputum, fatigue and diarrhoea. It also restores health after illness and thus is the best tonic for the elderly and people who are asthenic.



辛、溫 燕窩

Acrid, warm Bird's Nest

Serves 2

Ingredients:

- 19 g bird's nest
- 38 g big sweet almonds
- 38 g rock sugar

Method:

1. Soak bird's nest in boiling water for 2 hours. Repeat the process. Remove the feathers and rinse.
2. Wash sweet almonds. Add 1/2 cup of water and grate into fine almond juice. Strain the juice.
3. Put bird's nest into stewing pot. Add rock sugar and 1 cup of boiling water. Stew over high heat for 1/2 hour. Reduce to low heat and stew for 2 hours. Add almond juice and stew for 1/2 hour. Serve.

鹿茸羹

Pilose Antler Broth



四人份量

材料：

鹿茸	二錢
急凍海參（飛水）	四兩
蝦仁	四兩
冬菇（加水浸軟）	二隻
雞肉茸或瘦肉茸	六兩
葱粒	少許
蛋白	兩個

調味料：

鹽	1/2 茶匙
糖	1/2 茶匙
醬油	一茶匙

獻汁料：

馬蹄粉	二湯匙
水	三湯匙

做法：

1. 先將海參，蝦仁及冬菇切成幼粒。
2. 燒滾四杯清水，放入海參、蝦仁、冬菇、瘦肉茸、鹿茸片煮約七分鐘。
3. 當全部材料熟透便放入調味料，埋獻，加入蛋白，葱粒拌勻即成。

忌：虛火旺盛的貧血者不宜進食。

Serves 4

Ingredients:

8 g pilose antler
150 g frozen sea cucumber (scalded)
150 g shelled shrimps
2 dried black mushrooms (soaked)
225 g finely chopped chicken or lean pork
diced spring onion
2 egg whites

Seasoning:

1/2 tsp salt
1/2 tsp sugar
1 tsp soy sauce

Sauce:

2 tbsps caltrop starch
3 tbsps water

Method:

1. Finely dice pilose antler, sea cucumber, shrimps and black mushrooms.
2. Heat 4 cups of water, simmer sea cucumber, shrimps, mushrooms, lean pork and pilose antler for 7 minutes.
3. Add seasoning and thicken with sauce. Add egg white and spring onion and mix well.

Note: People who have anaemia due to exuberant asthenic Fire should not drink this soup.

鹿茸

甘、鹹、溫

Pilose Antler

Sweet, salty, warm



鹿茸又名血茸，為雄鹿頭頂長出的軟角。以產自山海關之雄鹿茸為上品，名為關鹿茸。

鹿茸含有卵胞激素、雌酮及骨質、膠質、蛋白質、鈣質、磷質、鎂質等。功能強身健體，提高機體工作能力，改善食慾和令睡眠酣暢，減少肌肉疲勞等。

鹿茸有極強的補血效能，又能壯元陽、補氣血、益精髓、強筋骨、防衰老。用於虛勞精衰、陽痿滑精、腰膝痠冷、眩暈耳鳴、崩漏帶下，及虛弱性潰瘍久不癒合等症有食療之效。

* 「鹿茸羹」可補血、壯元陽。

Pilose antlers are also called Lu Rong or Xue Rong. They are the horns which grow on the heads of male deer. Those from deer living in Shan Hai Guan in China are the best and are called Guan Lu Rong.

Pilose antlers contain follicular hormone, estrone, gelatine, protein, calcium, phosphorus and magnesium. Pilose antlers strengthen the body, improve the functioning of the body, whet the appetite and are good for fatigue of muscles and disturbed sleep.

Pilose antlers tonify the Blood, strengthen Yang, tonify the Qi, benefit vital essence, strengthen the sinews and bones and retard the process of ageing. They are used for fatigue due to decline of Jing, impotence, spermatorrhoea, cold pains in the loins and knees, dizziness, tinnitus, metrorrhagia and chronic sores which are difficult to heal.

* Pilose Antler Broth tonifies the Blood and strengthens Kidney-Yang.

烏雞白鳳湯

Black-skinned Chicken and Pilose Antler Jiao Soup

四人份量

材料：

烏雞	一隻
鹿茸膠	五錢
人參	三錢
北芪	二錢
鱉甲	一兩
牡蠣	二錢

調味料：

鹽	適量
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做法：

將各材料洗淨，烏雞飛水過冷河，放於大煲內再注入適量清水，待水沸騰後十分鐘轉文火再煲三小時，下鹽調味即可飲用。



鹿茸膠乃用雄鹿的骨質老角熬膠而成。功能補腎益陽、強精活血、長肌增髓、益氣強志、生精血、黑鬚髮、強筋骨、壯腰膝。

主治虛羸瘦弱、腰膝無力、尿精尿血、婦女血閉無子，及因陽虛引致之崩漏等症。

*「烏雞白鳳湯」對於血虛氣弱，婦女月經不調，神經衰弱者有食療功效。

Pilose antler gelatine is the processed mature horns of male deer.

Pilose antler gelatine tonifies the Kidneys, benefits Yang, strengthens the Jing and promotes the circulation of the Blood.

It is used for asthenia, weakness of the loins and metrorrhagia due to Yang-asthenia.

* Good for Blood-asthenia, Qi deficiency, menstrual disorders and neurasthenia.

Serves 4

Ingredients:

1 black-skinned chicken
19 g pilose antler Jiao
12 g ginseng
8 g Bei Qi
38 g turtle shell
8 g dried oysters

Seasoning

salt

Method:

Wash all the ingredients. Scald chicken and rinse. Put all the ingredients into large pot. Add water and bring to the boil. Simmer for 10 minutes. Reduce to low heat and cook for 3 hours. Season with salt and serve.



鹹、溫 鹿茸膠

Salty, warm Pilose Antler Jiao

杞子黃精燉老鴿

Stewed Pigeon with Qi Zi and Huang Jing



杞子

甘、平

Qi Zi

Sweet, neutral



杞子又名枸杞子、天精子、地仙子，為茄科多年生灌木枸杞的果實。以產於甘肅、寧夏者為佳。杞子大小如西瓜種子，皮色由潤澤紅至暗紅，味甘甜。含蛋白質、脂肪、糖、鈣、磷、鐵、胡蘿蔔素、維他命 B₁、B₂、維他命 C、尼克酸及谷甾醇等。功能補腎益精、養肝明目、降血壓、降膽固醇。

杞子主治肝腎陰虛，對頭暈目眩，腰膝痠軟、陽痿、視力減退和糖尿病有治療功效。經實驗證明，杞子可預防和治療血管硬化，促進肝細胞新生，有清除導致組織老化的超氧自由基的作用，故此具備抗衰老功效。

*「杞子黃精燉老鴿」對年老體虛及腎虛者，有補腎虛、潤肺益中氣的食療作用。

Qi Zi is also called Gou Qi Zi, Tian Jing Zi and Di Xian Zi. It is the fruit of *Lycium barbarum* L. That growing in Gansu and Ling Xia in China is the best.

Qi Zi is the size of watermelon seeds. The colour of its skin ranges from bright to dark red and the meat is sweet in taste. Qi Zi contains protein, fat, carbohydrates, calcium, phosphorus, iron, carotene, vitamins B₁, B₂ and C. Qi Zi tonifies the Kidneys, benefits the Jing, invigorates the Liver, improves eyesight, lowers blood pressure and cholesterol.

Qi Zi mainly treats Yin-asthenia of the Liver and Kidneys. Therefore it is used for dizziness, weakness in the loins and knees, impotence, deteriorating eyesight and diabetes. Scientific research proves that Qi Zi prevents and treats vascular sclerosis, speeds up generation of liver cells and retards the process of ageing.

* Stewed Pigeons with Qi Zi and Huang Jing is good for asthenia of the elderly and asthenia of the Kidneys as this dish tonifies the Kidneys and Lungs and benefits the Middle Qi.

二人份量

材料：

杞子	五錢
黃精	五錢
老鴿	一隻
沸水	二杯

調味料：

鹽	適量
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做法：

1. 將老鴿剖淨，飛水過冷河後瀝乾。
2. 老鴿連同各材料放入燉盅內，以文火燉三小時，下鹽調味即成。

Serves 2

Ingredients:

19 g Qi Zi
19 g Huang Jing
1 pigeon
2 cups boiling water

Seasoning:

salt

Method:

1. Gut pigeons. Scald, rinse and drain.
2. Put all the ingredients into stewing pot. Stew over low heat for 3 hours. Season with salt and serve.

益智仁補腎湯

Yi Zhi Ren and Pig's Kidney Soup

二人份量

材料：

益智仁	三錢
杜仲	三錢
山楂	二錢
大棗	二粒
豬腰	二個

調味料：

鹽	適量
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做法：

1. 把大棗去核，豬腰切開，起清白色筋膜，加鹽水浸二小時，瀝乾血水後飛水過冷河。
2. 連同各材料放於煲內，注入適量清水，先以大火煲十分鐘，後轉文火煲一小時半，下鹽調味即成。



益智仁為多年生草本植物益智蒴果的種仁部分，炒殼取仁供藥用。

功能溫脾止吐瀉、補腎固精。

主治小便頻繁、脾虛泄瀉、胃虛多唾、遺尿及婦女崩漏、男子遺精等症。

*「益智仁補腎湯」可補腎益精，去頭風；對風濕痺痛及腰痠者有食療功效。

Yi Zhi Ren is the fruit of *Alpinia oxyphylla* mig. The meat removed after being stir fried is used as medicine.

Yi Zhi Ren warms the Spleen, checks vomiting and diarrhoea, tonifies the Kidneys and firms the Jing.

Yi Zhi Ren treats mainly frequent urination, diarrhoea due to Spleen-asthenia, salivation due to Stomach-asthenia, bedwetting, metrorrhagia of women and nocturnal emission of men.

* Tonifies the Kidneys, benefits the Jing and treats Head-Wind syndrome. Good for rheumatic arthralgia and pain in the loins.



辛、溫 益智仁
Acrid, warm Yi Zhi Ren

Serves 2

Ingredients:

- 12 g Yi Zhi Ren
- 12 g Du Zhong
- 8 g haw
- 2 large dates
- 2 pig's kidneys

Seasoning:

salt

Method:

1. Stone large dates. Cut pig's kidneys apart and remove white membrane. Soak pig's kidneys in salty water for 2 hours, drain. Scald and rinse.
2. Put all the ingredients into pot. Add water and bring to the boil over high heat. Simmer for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Season with salt and serve.

肉桂散寒止痛湯

Cinnamon Soup

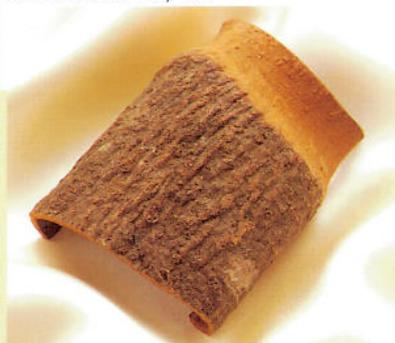


肉桂

甘、辛、大熱

Cinnamon

Sweet, acrid, very hot



肉桂為常綠喬木桂樹的厚皮，色赤褐，兩邊向內捲曲，形成半筒形板片。以皮厚、色紫、油質重、氣味濃郁者為佳。

功能補火助陽、散寒止痛。

主治風寒濕邪、麻痺疼痛，婦女血寒經痛、經遲、經閉及霍亂轉筋等症。

*「肉桂散寒止痛湯」對婦女血寒經痛，有散寒及止痛的食療功效。

Cinnamon is the thick bark of the cinnamon tree, a type of evergreen arbor. It is brownish-red, with the sides growing inward, looking like a half cylindrical plate. Good cinnamon has thick peel, purple oil, a strong smell and is heavy.

Cinnamon supplements body Fire, reinforces Yang, dispels Cold and relieves pain.

Cinnamon mainly treats Wind-Cold and Wet evils, numbness and pain; period pain, late menstruation, amenorrhoea due to Blood-Coldness and systemma due to cholera.

* Cinnamon Soup is good for period pain due to Cold-Blood as this soup expels Coldness and relieves pain.

一人份量

材料：

肉桂	三分
當歸	三錢
艾葉	一錢

做法：

將各材料同時放進煲內，加五杯清水煲四十五分鐘即成。

忌：陰虛陽亢者及孕婦忌用。

Serves 1

Ingredients:

1 g cinnamon
12 g Dang Gui
4 g Ai Ye

Method:

Put all the ingredients into pot. Add 5 cups of water and cook for 45 minutes. Serve.

Note: People who have Yin-asthenia and exuberant Yang and pregnant women should not drink this soup.

巴戟杜仲花生雞腳湯

Chicken's Feet Soup with Ba Ji and Du Zhong

二人份量

材料：

巴戟	三錢
杜仲	三錢
花生	二兩
雞腳	半斤

調味料：

鹽	適量
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做法：

1. 先把花生浸軟，雞腳飛水過冷河。
2. 把各材料同時放入煲內，注入適量清水，以大火滾十分鐘後轉文火再煲一小時半，下鹽調味即成。

忌：相火熾盛者，凡燥口乾，大便燥結忌用。



巴戟又稱為巴戟天，乃多年生藤本植物，入藥用其根。

功能補腎壯陽、強健筋骨、散風濕。

主治男子腎虛、陽痿不育、早泄；女子宮冷不育、筋骨痠軟、腰膝疼痛、風濕腳氣等症。

*「巴戟杜仲花生雞腳湯」對陽痿、風濕痺痛及腰膝痠軟均有食療作用。

Ba Ji is also called Ba Ji Tian. It is a kind of perennial lianas and its root is used as medicine.

Ba Ji reinforces Kidney Yang, strengthens the sinews and bones and relieves rheumatic conditions.

Ba Ji mainly treats Kidney-asthenia, impotence and premature ejaculation of men; infertility, pains and weakness of the sinews and bones, pains in the loins and knees, oedema of the legs due to rheumatism.

* Chicken's Feet Soup with Ba Ji and Du Zhong is good for impotence, rheumatic arthralgia and pain in the loins and knees.



甘、辛、微溫 **巴戟**
Sweet, acrid, slightly warm **Ba Ji**

Serves 2

Ingredients:

- 12 g Ba Ji
- 12 g Du Zhong
- 75 g peanuts
- 300 g chicken's feet

Seasoning:

salt

Method:

1. Soak peanuts until soft. Scald and rinse chicken's feet.
2. Put all the ingredients into pot. Add water and bring to the boil over high heat. Simmer for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Season with salt and serve.

Note: People who have exuberant prime-minister Fire should not drink this soup.

鎖陽壯陽粥

Suo Yang (Chinese Cynomorium) Congee



鎖陽

甘、溫

Suo Yang

Sweet, warm



鎖陽乃肉質寄生草本植物，入藥用其肉質莖。

功能益精興陽、壯筋骨、潤腸燥。

主治腎虛陽痿、精血不足、腰膝無力軟弱、大便燥結等症。

*「鎖陽壯陽粥」對陽痿、腰膝無力、老年便秘有食療功效。

Suo Yang benefits the Jing and Yang, strengthens the sinews and bones and loosens the bowels.

Suo Yang mainly treats impotence due to Kidney-asthenia, insufficient Jing and Blood, weakness of the loins and constipation.

* Suo Yang Congee is good for impotence, weakness of the loins and knees, constipation of the elderly.

二人份量

材料：

鎖陽	三錢
核桃肉	二錢
羊肉片	三兩
粘米	二兩
薑絲	適量

調味料：

鹽	適量
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做法：

1. 先以鎖陽加入三杯清水煎成一杯備用。
2. 再以八杯清水加入粘米及核桃肉，混和先前的一杯藥汁煲粥。
3. 放入羊肉片滾熟，下鹽調味（羊肉片亦可於煲粥時放下），放下適量薑絲便可食用。

忌：泄瀉及腎虛火旺者忌用。

Serves 2

Ingredients:

12 g Suo Yang
8 g shelled walnuts
113 g sliced mutton
75 g long grain rice
ginger (shredded)

Seasoning:

salt

Method:

1. Cook Suo Yang with 3 cups of water until only 1 cup of liquid remains.
2. Add 8 cups of water to long grain rice and walnuts. Mix with 1 cup of the liquid from cooking Suo Yang to make congee.
3. Add mutton, bring to the boil and simmer until mutton is cooked. Season with salt and serve. (mutton can be added when cooking congee.)

Note: People who have diarrhoea and kidney-asthenia and exuberant Fire should not eat this congee.

葫蘆巴燉鹿筋

Stewed Hu Lu Ba and Deer Tendon

一人份量

材料：

葫蘆巴	三錢
急凍鹿筋	四兩
瘦肉	二兩
陳皮	1/4 個

調味料：

鹽	適量
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做法：

1. 將急凍鹿筋解凍後，與瘦肉分別飛水過冷河備用。
2. 以燉盅盛載各材料，加入兩杯清水，隔水燉三小時，再下鹽調味即成。
(如選用乾鹿筋，需反覆用沸水焗透，約兩天漲發後才可使用)

註：陰虛火旺者忌用。



葫蘆巴為豆科一年生草本植物，以其莢內種子供藥用。

功能散寒、止痛、溫腎及治疝。

主治由腎臟虛寒引致的腰腹冷痛，寒凝氣滯引致之腹脹、腹痛，以及寒濕腳氣和疝氣等症。

*「葫蘆巴鹿筋」對腰腹冷痛患者有補腎、散寒、止痛的食療功效。

Hu Lu Ba is a kind of annual herb of Fam. Leguminosae. The seeds in the pods are used as medicine.

Hu Lu Ba dispels Cold, stops pain, warms the Kidneys and treats hernia.

Hu Lu Ba mainly treats Cold pains of the abdomen due to Kidney-asthenia, Cold, abdominal bloating, abdominal pain due to stagnation of Cold Qi and weakness and oedema of the legs caused by Cold Damp.

* For cold pain in the loins and abdomen, Stewed Hu Lu Ba and Deer Tendon tonifies the Kidneys, expels Cold and relieves pain.

Serves 1

Ingredients:

12 g Hu Lu Ba
150 g frozen deer tendon
75 g lean pork
1/4 dried tangerine peel

Seasoning:

salt

Method:

1. Defrost deer tendon. Scald deer tendon and lean pork separately and rinse.
2. Put all the ingredients into stewing pot. Add 2 cups of water. Stew for 3 hours. Season with salt and serve.
(If dried deer tendon is used, soak it in boiling water several times and soak for about 2 days until soft.)

Note: People who have Yin-asthenia and exuberant Fire should not eat this dish.

苦、溫 葫蘆巴
Bitter, warm Hu Lu Ba



杜仲豬腰湯

Du Zhong and Pig's Kidney Soup



杜仲

甘溫、微辛

Du Zhong

Sweet-warm, slightly acrid



杜仲又稱為川仲、生仲、綿杜仲；為杜仲科落葉喬木杜仲的樹皮，以產於四川為佳。杜仲的外皮呈灰褐色，除去粗皮後呈灰棕色，內有銀白色、細密而富彈性的絲狀物相連。杜仲以皮厚、塊狀完整，斷面銀絲多為上品。

杜仲功能益腎培肝，強壯筋骨，對習慣性流產的婦女起安胎的作用。主治四肢軟弱無力、腰背痠痛、足膝痠軟、陽痿遺精、小便頻密，以及因房事過度所引起的頭暈、腳軟、腰背痛等症。

杜仲對原發性高血壓患者亦有療效。

*「杜仲豬腰湯」對腰背痛和足膝痠軟者具備良好的食療功效，能固腰補腎、堅強筋骨。

Du Zhong is also called Chuan Zhong, Sheng Zhong or Mian Du Zhong. It is the bark of *Eucommia ulmoides* and the best grows in Sichuan in China. The outer peel of Du Zhong is greyish-brown. When the thick outer peel is removed, Du Zhong is greyish-brown. Inside is silver and white and is connected by a fine, elastic silk-like substance. Good Du Zhong has thick peel and a lot of silk-like substance on the sections and is as a whole.

Du Zhong benefits the Kidneys, invigorates the Liver, strengthens the sinews and bones. For women who have habitual miscarriages, Du Zhong calms the fetus. Du Zhong mainly treats weakness of the limbs, pains in the loins, back, legs and knees, impotence and nocturnal emission, frequent urination and dizziness, weakness of the legs and back pain due to excessive sexual intercourse.

* Du zhong and Pig's Kidney Soup is good for back pain and pain in the loins and weak knees as this soup firms the loins, tonifies the Kidneys, strengthens the sinews and bones.

一人份量

材料：

杜仲	三錢
豬腰	一個
淮牛膝	二錢

調味料：

鹽	適量
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做法：

1. 先將豬腰切開，去除內部白色筋膜，加鹽水浸二小時，瀝乾血水後飛水沖淨，瀝乾水分。
2. 煲滾適量清水，放入經已清洗的杜仲、淮牛膝及豬腰等，待水沸騰後轉慢火煲兩小時，下鹽調味即可飲用。

忌：腎虛火熾者忌用。

Serves 1

Ingredients:

12g Du Zhong
1 pig's kidney
8 g Huai Niu Xi

Seasoning:

salt

Method:

1. Cut pig's kidneys into pieces. Remove ducts inside the kidneys. Soak pig's kidneys in salty water for 2 hours, drain. Scald, rinse and drain.
2. Bring some water to the boil. Add washed Du Zhong, Huai Niu Xi and pig's kidneys. Bring to the boil. Reduce to low heat and cook for 2 hours. Season with salt and serve.

Note: People who have Yin-asthenia and exuberant Fire should not drink this soup.

續斷強筋湯

Xu Duan Soup

一人份量

材料：

續斷	三錢
牛膝	三錢
五加皮	三錢
川萆薢	五錢
白朮	三錢
薏仁	五錢
宣木瓜	二錢
薑活	三錢
防風	二錢

做法：

只需把各材料洗淨，加入六杯清水煲四十五分鐘即成。



續斷為多年生草本植物，入藥用其根。

功能益補肝腎、接續筋骨、通血脈、止崩漏及安胎。

主治因肝腎不足、血脈不暢通引致之腰膝痠痛、步行無力、風濕引致之四肢疼痛、筋骨折斷等跌打損傷，以及婦女崩漏或妊娠下血等症。

*「續斷強筋湯」對風濕引致之肢體疼痛，血脈不流暢引致之腰膝痠痛具備食療功效。

Xu Duan is a type of perennial herb and its root is used as medicine.

Xu Duan benefits and tonifies the Liver and Kidneys, heals bone fractures, promotes circulation of blood, stops metrorrhagia and calms the foetus.

Xu Duan mainly treats pains in the loins and knees and weakness of the legs due to deficiency of the Liver and Kidneys, pains of the limbs caused by rheumatism, bodily injuries due to physical means like bone fractures and metrorrhagia or metrorrhagia during pregnancy.

* Xu Duan Soup is good for pain of the body due to rheumatism and pain in the loins and knees due to obscured circulation of the Blood.



苦、辛、微溫 **續斷**

Bitter, acrid, slightly warm **Xu Duan**

Serves 1

Ingredients:

12 g Xu Duan
12 g Niu Xi
12 g Wu Jia Pi
19 g Chuan Bei Jie
12 g Bai Zhu
19 g Yi Ren
8 g Suan Mu Gua
12 g Jiang Huo
8 g Fang Feng

Method:

Wash all the ingredients. Add 6 cups of water and cook for 45 minutes. Serve.

宣木瓜風濕酒

Xuan Mu Gua Wine



四人份量

材料：

宣木瓜	五兩
秦艽	五錢
麻黃	三錢
高粱酒	兩斤

做法：

把宣木瓜、秦艽及麻黃洗淨抹乾，放入高粱酒內浸一個月即可飲用。
(每日飲一小杯)

Serves 4

Ingredients:

188 g Xuan Mu Gua
19 g Qin Jiao
12 g Ma Huang
1200 g Gao Liang wine

Method:

Wash Xuan Mu Gua, Qin Jiao and Ma Huang and wipe dry. Add Gao Liang wine and soak for 1 month. Serve.
(Drink 1 cup of wine every day.)

宣木瓜

酸、溫

Xuan Mu Gua

Sour, warm



宣木瓜又稱為木瓜，為薔薇科落葉灌木木瓜樹的果實，以產自安徽宣州的為佳。宣木瓜形如雪梨，長約六至九公分，皮色深褐或紫紅，果肉呈紅棕色，曬乾後顏色轉紅，堅實如木，有濃烈香味。

宣木瓜功能去濕，舒筋活絡消腫。主治濕痺、腳氣、四肢關節轉動不靈等症。

用宣木瓜煲水作日常飲料，對風濕患者能導水濕、利小便。若配合花生、薏仁、赤小豆煲湯，對初起的腳氣病患者有消腫、利小便之食療功效。

*「宣木瓜風濕酒」對風濕病患者與老年人四肢關節轉動不靈，具有頗佳食療功效。

Xuan Mu Gua is also called Mu Gua. It is the fruit of *Chaenomeles lagenaria* (Loisel.) koidz. [*C. speciosa* nakai] and that growing in Xuan Zhou in Anhui in China is the best. Xuan Mu Gua is shaped like a pear and 6 to 9 cm long. Its peel is dark brown or purplish-red in colour. The meat is reddish-brown and changes to red when it is dried under the sun. It is as hard as a piece of wood and has a strong fragrance.

Xuan Mu Gua dispels Wetness, causes the joints and sinews to relax and helps swelling to go down. It mainly treats Wet-type arthralgia, oedema of the legs, difficult movement of the joints of the limbs.

Xuan Mu Gua cooked with water is good for water retention and induces urination in people who have rheumatism. Used with peanuts, Yi Ren and small red beans to make soup, Xuan Mu Gua helps swelling to go down and induces urination in people who have beriberi in the early stage.

* Xuan Mu Gua Wine is good for rheumatism and difficult movement of joints of the limbs in the elderly.

補骨脂補腎壯陽湯

Bu Gu Zhi Soup

二人份量

材料：

補骨脂	三錢
巴戟	二錢
淫羊藿	二錢
老鴿	一隻
瘦肉	二兩

調味料：

鹽	適量
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做法：

先將老鴿及瘦肉飛水沖淨，連同各材料加適量清水煲兩小時，下鹽調味即成。

忌：陰虛有火，大便秘結者忌用。



補骨脂又名破故紙，為豆科一年生草本植物，入藥用其種子。外表黑色，中心呈灰褐色，質硬，主產於四川、河南及安徽等地。

功能補腎壯陽；主治腰膝冷痛、腎虛泄瀉、遺精遺尿、手足沉重等症。

*「補骨脂補腎壯陽湯」對陽痿早泄，腰膝冷痛患者有食療功效。

Bu Gu Zhi is also called Po Gu Zhi. It is a kind of annual herb (Fam. Leguminosae) and its seeds are used as medicine. The skin of Bu Gu Zhi is black while its meat is greyish-brown. It is hard and grows mainly in places like Sichuan, Henan and Anhui in China.

Bu Gu Zhi tonifies the Kidneys and strengthens Yang. It mainly treats Cold pain in the loins and knees, diarrhoea due to the Kidney-asthenia, nocturnal emission, bedwetting and heavy hands and legs.

* Bu Gu Zhi Soup is good for impotence, premature ejaculation, pain in the loins and knees.

Serves 2

Ingredients:

12 g Bu Gu Zhi
8 g Ba Ji
8 g Yin Yang Huo
1 mature pigeon
75 g lean pork

Seasoning:

salt

Method:

Scald pigeon and lean pork and rinse. Put all the ingredients into pot. Add water and cook for 2 hours. Season with salt and serve.

Note: People who have Yin-asthenia with Fire and constipation should not drink this soup.



辛、苦、大溫 補骨脂

Acrid, bitter, very warm Bu Gu Zhi

牛膝燥濕清熱湯

Niu Xi Soup



牛膝

苦、酸、平

Niu Xi

Bitter, sour, neutral



牛膝又名淮牛膝、川牛膝、牛夕等。為莧科多年生草本植物，入藥用其根。以產於河南、四川者為佳。

川牛膝生用，功能破血通經。主治婦女行經困難、經期腹痛、月經閉止、難產、胞衣不下及由氣血逆沖引致的頭脹目痛等症。淮牛膝用酒炒熟，功能補腎強筋。

主治腰膝痠痛、下肢軟弱無力、關節疼痛等症。

*「牛膝燥濕清熱湯」對由濕熱下注引致的腰膝關節痠痛、腳氣腫痛、白帶、淋濁有食療功效。

Niu Xi is the root of *Achyranthes bidentata* Blume.

It also called Huai Niu Xi or Chuan Niu Xi. Niu Xi growing in Henan and Sichuan in China is the best.

Raw Niu Xi removes blood stasis and promotes menstruation. It mainly treats difficult menstruation, abdominal pain during menstruation, amenorrhoea, difficult labour, retention of placenta and head bloating and eye pain due to the Qi and blood going in the wrong direction. Stir fried Niu Xi with wine tonifies the Kidneys and strengthens the sinews.

Niu Xi is used for pain in the loins and knees, weakness of the legs and pain in the joints.

* Niu Xi Soup is good for pain in the loins and knees due to Damp-Heat, swelling and pain of the leg, leukorrhoea and stranguria with turbid urine.

一人份量

材料：

淮牛膝

蒼朮

黃柏

薏仁

三錢

三錢

二錢

三錢

做法：

將各材料洗淨，加六杯水煲四十五分鐘即成。

忌：凡氣虛下陷、月經過多、孕婦及瀉精者忌用。

Serves 1

Ingredients:

12 g Huai Niu Xi

12 g Cang Zhu

8 g Huang Bai

12 g Yi Ren

Method:

Wash all the ingredients. Add 6 cups of water and cook for 45 minutes. Serve.

Note: Women who have excessive menses or who are pregnant and people with diarrhoea should not drink this soup.

狗脊去濕茶

Gou Ji Soup

一人份量

材料：

狗脊	三錢
杜仲	三錢
牛膝	三錢
宣木瓜	二錢
薏仁	五錢

做法：

將各材料洗淨，加入六杯清水，以文火煮四十五分鐘即可飲用。

忌：本品溫熱，腎虛有熱者忌用。



狗脊為多年生草本植物金毛狗脊的根莖，外表密佈黃褐色的茸毛，刷去茸毛後呈黑褐色。以酒浸過、蒸熟曬乾後可供藥用。

功能補肝腎、去風濕。

主治因肝腎不足引致之腰脊疼痛，以及因風濕引致之腰膝疼痛和足軟無力等症。

*「狗脊去濕茶」對因風濕引致之腰膝疼痛、足軟無力有食療功效。

Gou Ji is the rhizome of *Cibotium barometz* (L.) (fam. Dicksoniaceae). It is covered with thick brownish-yellow hairs. When the hairs are shaved off, Gou Ji is dark brown. Gou Ji is soaked in wine, steamed until done and dried under the sun to be used as medicine.

Gou Ji tonifies the Liver and Kidneys and dispels Wind-dampness.

Gou Ji mainly treats back pain due to Liver and Kidney-deficiency, pain in the loins and knees due to rheumatism and weakness of the limbs.

* Gou Ji Soup is good for pain in the loins and knees and weakness of the legs due to Wind-Dampness.



甘、苦、溫 **狗脊**
Sweet, bitter, warm **Gou Ji**

Serves 1

Ingredients:

12 g Gou Ji
12 g Du Zhong
12 g Niu Xi
8 g Suan Mu Gua
19 g Yi Ren

Method:

Wash all the ingredients. Add 6 cups of water and cook over low heat for 45 minutes.

Note: People who have Stomach-asthenia with Fire should not drink this soup.

桑螵蛸湯

Sang Piao Xiao Soup



一人份量

材料：

桑螵蛸
龍骨
茯神
當歸
龜板
豬脰

三錢
三錢
三錢
三錢
五錢
四兩

做法：

先將豬脰飛水沖淨，將各材料加入適量清水中，以大火滾十分鐘後，再轉文火煲三小時即成。

忌：陰虛多火、膀胱有熱、小便短頻者忌用。

Serves 1

Ingredients:

12 g Sang Piao Xiao
12 g Long Gu
12 g Fu Shen
12 g Dang Gui
19 g tortoise shell
150 g shin of pork

Method:

Scald shin of pork and rinse. Bring all the ingredients to the boil over high heat and simmer for 10 minutes. Reduce to low heat and cook for 3 hours. Serve.

Note: People who have Yin-asthenia with excessive Fire, frequent micturition and oliguria should not drink this soup.

桑螵蛸

甘、鹹、平

Sang Piao Xiao

Sweet, salty, neutral



桑螵蛸乃昆蟲螳螂的卵鞘，附在桑枝或樹枝上，產於中國桑蠶區。桑螵蛸長約四公分，呈長圓形，色淡黃或微褐，內藏卵子。以沸水浸透或蒸透，曬乾後供藥用。

功能補腎助陽、益氣養神。

主治腎陽不足引致之遺精、早泄、陽痿、遺尿、小便頻繁等症。

*「桑螵蛸湯」能固腎、止遺精。

Sang Piao Xiao is the gee capsule of a mantis. It sticks to branches of mulberry trees or other trees and is found in places which breed silkworms in China. Sang Piao Xiao is about 4 cm long, oval in shape and light yellow or light brown in colour. It has eggs inside. Sang Piao Xiao is soaked in boiling water until soft or steamed until soft and then dried under the sun to be used as medicine.

Sang Piao Xiao reinforces Kidney Yang, benefits the Qi and invigorates the Spirit.

Sang Piao Xiao is used for nocturnal emission, premature ejaculation, impotence, bedwetting and frequent urination due to Kidney Yang deficiency.

* Sang Piao Xiao Soup firms the Kidneys and stops nocturnal emission.

芡實固精湯

Fox Nut Soup

一人份量

材料：

芡實 一兩
金櫻子 三錢
棗仁 二錢
蓮鬚 三錢

做法：

將金櫻子、棗仁、蓮鬚等裝在紗布袋內，與芡實及適量清水同煲，待水大滾十分鐘後轉文火煲一小時半即成。

(飲湯吃芡實)

忌：大便秘結者宜少食芡實。



芡實又稱為茨實，是生長於湖沼間某類水草的果實。含有蛋白質、脂肪、樹膠質、碳水化合物、纖維素、礦物質及維他命 B₁、B₂、C 等，具滋補功能，營養價值極高。

功能固腎健脾、開胃除痰。治小便失禁、遺精、白帶、腰痠膝痛等。

喝清水及凍飲過量，於睡眠時會出冷汗及發生腹瀉；用芡實煲水、煲粥或煲湯飲用，有頗佳療效。婦女因濕熱或體弱氣虛引致帶下，以芡實、白扁豆及梗米等煲甜粥，常食會有療效。

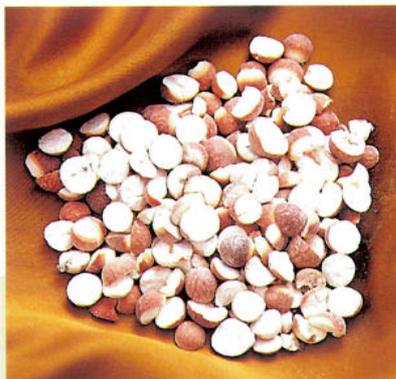
*「芡實固精湯」對遺精患者起固精之效。

Fox nuts are the fruit of a certain kind of waterweed which grows in lakes or swamps. They contain protein, fat, resin, carbohydrates, cellulose, minerals and vitamins B₁, B₂ and C. They nourish the body and are highly nutritious.

Fox nuts firm the Kidneys and invigorate the Spleen, whet the appetite and eliminate sputum. They treat incontinence of urine, nocturnal emission, leukorrhagia, pain of the loins and knees.

If too much water or cold drinks are consumed, people may have cold sweats and diarrhoea when sleeping. Cooked into congee or soup, fox nuts are good for this symptom. For morbid leukorrhagia due to Damp-Heat or Qi deficiency, fox nut sweet congee made with fox nuts, white hyacinth beans and long grain rice can be eaten.

* Fox Nut Soup firms the Jing for people who have nocturnal emission.



甘、澀、平 芡實
Sweet, puckery, neutral Fox Nut

Serves 1

Ingredients:

38 g fox nuts
12 g Jin Ying Zi
8 g date nuts
12 g Liang Xu

Method:

Put Jin Ying Zi, date nuts and Liang Xu into muslin bag. Cook together with fox nuts and water. Bring to the boil and simmer for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Serve.
(Drink the soup and eat the fox nuts.)

Note: People who have constipation should eat fewer fox nuts.

蓮鬚雞蛋糖水

Lian Xu and Egg Sweet Soup



蓮鬚

甘、平

Lian Xu

Sweet, neutral



蓮鬚乃多年生草本植物蓮花的花蕊，陰乾後可供藥用。

功能清心固腎、益血固精。

主治因腎虛引致之遺精、滑精、遺溺、尿頻、早生白髮等症。又對吐血及血崩等症具有療效。

*「蓮鬚雞蛋糖水」具益血固精、烏鬚黑髮的食療功效。

Lian Xu is the stamen of lotus, a kind of perennial herb. It is dried in the shade to be used as medicine.

Lian Xu clears the Heart, firms the Kidneys, benefits the Blood and firms the Jing.

Lian Xu treats nocturnal emission, spermatorrhoea, enuresis, frequent urination and premature greying of hair. It is also used for blood-spitting and metrorrhagia.

* Lian Xu and Egg Sweet Soup benefits the Blood, firms the Jing and darkens the beard and hair.

一人份量

材料：

蓮鬚 二錢
雞蛋 二隻

調味料：

冰糖 適量

做法：

1. 將蓮鬚放入三杯清水內一同煮滾。
2. 加入雞蛋以慢火煮二十分鐘至蛋熟，去殼。
3. 加入適量冰糖，煮溶即可食用。

忌：小便利者忌用。

Serves 1

Ingredients:

8 g Lian Xu
2 eggs

Seasoning:

rock sugar

Method:

1. Bring Lian Xu and 3 cups of water to the boil.
2. Add egg and cook over low heat for 20 minutes until egg is done. Shell.
3. Add rock sugar and cook until it dissolves. Serve.

Note: People who have dysuria should not drink this sweet soup.

金櫻子固精糖漿

Jin Ying Zi Syrup

材料：

金櫻子 半斤
芡實 半斤

調味料：

冰糖或蜂蜜 適量

做法：

將金櫻子及芡實洗淨，加入大量清水煮成濃汁後，再加入冰糖或蜂蜜調味拌勻即成。以開水沖服。每日服二至三次，每次一湯匙。

忌：小便不利而泄瀉初起者，及有實火實邪者俱忌用。



金櫻子乃薔薇科木本攀緣植物，其成熟果實可作藥用。功能澀精、固腸。

主治因腎虛引致之夢遺泄精、遺尿、尿頻，以及由脾虛引致之瀉痢，又能治婦女帶下。

以金櫻子配合伍黨參、茯苓、白朮、甘草、五味子、棗仁、芡實、淮山、遠志等諸藥，對遺精及瀉痢有治療功效。

*「金櫻子固精糖漿」對遺精、滑精及婦女白帶患者有食療功效。

Jin Ying Zi is the mature seeds of *Rosa laevigata* Michx. Jin Ying Zi restrains the Jing and firms the intestines.

Jin Ying Zi mainly treats nocturnal emission, bedwetting and frequent urination due to Kidney-asthenia and diarrhoea due to Spleen-asthenia. It is also used for morbid leukorrhagia.

Used with Chinese herbs like Wu Dang Shen, Fu Ling, Bai Zhu, licorice root, Wu Wei Zi, date meat, fox nuts, Huai Shan and Yuan Zhi, Jin Ying Zhi is good for nocturnal emission and diarrhoea.

* Jin Ying Zi syrup is good for nocturnal emission, spermatorrhoea and leukorrhoea.



酸、平 金櫻子
Sour, neutral Jin Ying Zi

Ingredients:

300 g Jin Ying Zi
300 g fox nuts

Seasoning:

rock sugar or honey

Method:

Wash Jin Ying Zi and fox nuts. Add a large amount of water and cook until the liquid thickens. Add rock sugar or honey and mix well. Mix with water and drink. Drink 2 to 3 times a day, 1 tbsp each time.

Note: People who have dysuria and diarrhoea in the early stage should not drink this syrup.

玉竹生津止渴湯

Yu Zhu Soup



玉竹

甘、微寒

Yu Zhu

Sweet, slightly cold



玉竹乃百合科多年生草本植物，入藥用其根莖。功能養陰生津、強心潤肺、滋補氣血、除煩渴。

主治因津液缺乏引致之喉乾、唇舌乾燥；輕度心臟衰弱引致之心悸、心蕩、心慌；及因長時間咳嗽引致之喉乾、口渴等症。

*「玉竹生津止渴湯」對津液不足者有治療作用。

Yu Zhu is the rhizome of *Polygonatum odoratum* (Mill.) Druce var. *pluriflorum* (Mig.) Ohwi. Yu Zhu invigorates Yin, promotes the secretion of body fluids, strengthens the Heart, moistens the Lungs, nourishes the Qi and Blood and eliminates dire thirst. It therefore mainly treats dryness of the throat, tongue and lips due to insufficient body fluids; palpitations and dryness of throat and thirst due to prolonged coughs.

* Yu Zhu Soup is good for inadequate secretion of body fluids.

四人份量

材料：

玉竹	五錢
麥冬	二錢
沙參	三錢
紅棗	六粒
生魚	一條
瘦肉	四兩

調味料：

鹽	適量
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做法：

1. 將生魚剖淨，略煎至微黃備用。
2. 瘦肉飛水沖淨，紅棗去核。
3. 將各材料放於煲內，加入適量清水，以大火滾十分鐘後再轉文火煲一小時半，下鹽調味即成。

忌：外感風寒未清，陽虛及濕痰壅滯者忌用。

Serves 4

Ingredients:

19 g Yu Zhu
8 g Mai Dong
12 g Sha Shen
6 red dates
1 snakehead
75 g lean pork

Seasoning:

salt

Method:

1. Gut snakehead and saute until light brown.
2. Scald lean pork and rinse. Stone red dates.
3. Put all the ingredients into pot. Add water and bring to the boil over high heat. Simmer for 10 minutes. Reduce to low heat and cook for 1 1/2 hours. Season with salt and serve.

Note: People who have Incomplete recovery from the common cold due to exogenous Wind-Cold evils, Yin-asthenia and obstruction of damp sputum should not drink this soup.

石斛養胃生津湯

Jin Shi Hu Soup

一人份量

材料：

金石斛 五錢至一兩
清水 兩杯

做法：

將金石斛及清水放於燉盅內，隔水以文火燉四小時即成。



石斛為常綠草本植物，入藥用其莖。新鮮石斛與經製乾者均可入藥，以鮮品功效較佳，其中以霍山石斛售價最為昂貴，金石斛品質較次而售價較相宜。

功能清熱滋陰、養胃生津，常用有養顏功效。

主治因熱病引致之口渴、乾燥，以及胃陰不足引致之胃脘作痛、乾嘔等症。

*「石斛養胃生津湯」常飲能養胃生津及通便，有養顏的食療功效。

Shi Hu is a kind of evergreen herb and its stem is used as medicine. Both fresh and processed Shi Hu are used as medicine but the fresh one is better. Shi Hu which grows in Huo Shan in China is the most expensive while the quality of Jin Shi Hu is second best and it is cheaper.

Shi Hu clears Heat, nourishes Yin, invigorates the Stomach, promotes the secretion of body fluids and retards the process of ageing when used for a long time.

Shi Hu mainly treats thirst, vomiting due to febrile diseases and pain in the gastric cavity and dry diarrhoea due to Yin-deficiency of the Stomach.

* Jin Shi Hu Soup invigorates the Stomach, promotes the secretion of body fluids, relaxes the bowels and retards the process of ageing.



甘、淡、微寒 石斛
Sweet, bland, slightly cold Shi Hu

Serves 1

Ingredients:

19 g to 38 g Jin Shi Hu
2 cups water

Method:

Put Jin Shi Hu and water into stewing pot. Stew over low heat for 4 hours and serve.

天花粉消渴生津湯

Tian Hua Fen Soup



一人份量

材料：

天花粉
清水

四錢
六杯

做法：

只需將天花粉加入清水，煲四十五分鐘即可飲用。

忌：脾胃虛寒者忌用。

Serves 1

Ingredients:

15 g Tian Hua Fen
6 cups water

Method:

Cook Tian Hua Fen in water for 45 minutes and serve.

Note: People who have Cold-asthenia of the Spleen and Stomach should not drink this soup.

天花粉

甘、酸、微寒

Tian Hua Fen

Sweet, sour, slightly cold



天花粉乃藤本植物瓜蒌的根，入藥以雄株及年久者之根為佳。

功能養胃生津、止渴去煩、潤肺止咳、消腫排膿。

主治因熱病引致之口渴、煩熱，以及因肺熱引致之燥咳、肺虛引致之咳血，及癰腫瘡瘍等症。

*「天花粉消渴生津湯」可消渴生津，常飲有益。

Tian Hua Fen is the root of Gua Lou, a kind of liana. The root of a male or old plant is used as medicine.

Tian Hua Fen invigorates the Stomach, promotes the secretion of body fluids, quenches thirst, moistens the Lungs, relieves coughs, helps swelling to go down and removes pus.

Tian Hua Fen mainly treats thirst, feverish sensations accompanied by restlessness due to febrile diseases and coughs with Dryness-Heat evils due to Lung-Heat, blood-spitting due to Lung-asthenia and sores and abscesses.

* Tian Hua Fen Soup quenches thirst and promotes the secretion of body fluids.

炒麥芽化氣湯

Stir-fried Malt Soup

一人份量

材料：

炒大麥或焦大麥
清水

二兩
六杯

做法：

1. 將炒大麥或焦大麥加水，煲三十分鐘即成（適合作日常飲料）。
2. 可將炒大麥放入焗爐培乾至脆，或以白鑊炒至乾脆，然後將其研成粉末，加入蜜糖水拌勻飲用。



麥芽是以大麥的成熟果實，經加工發芽製成；含有澱粉酶、轉化糖酶、蛋白分解酶、脂肪、卵磷脂、麥芽糖、葡萄糖、鹼類和維他命B及C等。功能消食健脾、回乳，對食滯、腔腹脹滿、乳脹不消等有食療之效。

以穀芽、麥芽配合鮮鴨腎煲湯飲用，能幫助消化、增強食慾、健脾開胃，對脾胃功能欠佳者具備食療功效。

*「炒麥芽化氣湯」對胃氣脹、腸氣脹、腹氣患者有通氣及散氣的食療功效。

Malt is the processed mature fruit of barley. It contains amylase, maltose, glucose and vitamins B and C. Malt relieves dyspepsia, invigorates the Spleen, promotes the secretion of milk and is good for dyspepsia, epigastric distension and it checks the secretion of milk.

Fresh Ducks' Gizzard Soup with Gu Ya or Malt helps digestion, whets the appetite and invigorates the Spleen. It works well for people who have a weak Stomach.

* Stir-fried Malt Soup is good for bloating of the stomach and abdomen as this soup promotes circulation of the Qi and disperses the Qi.



甘、溫 麥芽
Sweet, warm Malt

Serves 1

Ingredients:

75 g stir-fried or burnt barley
6 cups water

Method:

1. Cook stir-fried or burnt barley with water for 30 minutes. Serve. (It can be drunk daily.)
2. Bake stir-fried barley in oven until crispy or stir fry in wok without oil until crispy. Then grate into powder. Add honey, mix well and serve.

穀芽木棉魚湯

Gu Ya and Big Eye Fish Soup



四人份量

材料：

穀芽	五錢
木棉魚	二條
番茄	半斤
薑	一片

調味料：

鹽	適量
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做法：

1. 木棉魚剝皮洗淨，加薑片略煎。
2. 番茄洗淨，每個切開作四份。
3. 燒滾八杯清水，放入全部材料煲滾後改用文火煲一小時，下鹽調味即成。

Serves 4

Ingredients:

19 g Gu Ya
2 big eye fish
300 g tomatoes
1 slice ginger

Seasoning:

salt

Method:

1. Wash and skin big eye fish, fry with ginger slices.
2. Wash and cut tomatoes into pieces.
3. Bring 8 cups of water to the boil, add all the ingredients. Reduce to low heat and cook for one hour. Season with salt and serve.

穀芽

甘、溫

Gu Ya

Sweet, warm



穀芽乃稻的成熟果實，經加工發芽後的製品。穀芽含澱粉質、蛋白質、脂肪、澱粉酶和維他命B等。

功能健脾開胃、和中消滯、消脹滿、止泄瀉。

*「穀芽木棉魚湯」可健脾開胃，補中消食積。

Gu Ya is the processed and fermented mature fruit of rice. Gu Ya contains starch, protein, fat, amylase and vitamin B.

Gu Ya invigorates the Spleen, whets the appetite, regulates the Middle, removes undigested food, helps reduce flatulence and checks diarrhoea.

* Gu Ya and Big Eye Fish Soup invigorates the Spleen, whets the appetite, tonifies the Middle and treats dyspepsia.

白蔻仁化濕湯

Bai Kou Ren Soup

一人份量

材料：

白蔻仁
薏仁
滑石
竹葉
通草
制半夏

一錢
三錢
三錢
一錢
一錢
一錢

做法：

只需加入五杯清水，連同各材料煲一小時半即成。



白蔻仁乃多年生草本植物白豆蔻果實內的種仁；呈白色具濃厚芳香氣味。

功能溫中化濕、下氣止嘔。

主治因濕溫病引致之熱盛、濕盛，能和胃化濁。治療因脾胃虛寒引致之胸腹脹滿、氣逆向上、反胃嘔吐、不思飲食等症。

*「白蔻仁化濕湯」具溫中化濕、下氣止嘔的功效。

Bai Kou Ren is the meat of the fruit of Bai Dou Kou, a kind of perennial herb. It is white and has a strong fragrance.

Bai Kou Ren warms the Middle, dispenses dampness, diverts the Qi downwards and checks vomiting.

Bai Kou Ren treats hyperactivity of Heat evils and Wet evils. It regulates the Stomach.

Bai Kou Ren also treats flatulence of the chest and abdomen, the Qi going upwards, frequent vomiting and loss of appetite.

* Bai Kou Ren Soup warms the Middle, expels Dampness, diverts the Qi downwards and stops vomiting.



辛、溫 白蔻仁
Acrid, warm Bai Kou Ren

Serves 1

Ingredients:

4 g Bai Kou Ren
12 g Yi Ren
12 g Hua Shi
4 g bamboo leaves
4 g Tong Cao
4 g Zhi Ba Xia

Method:

Cook all the ingredients with 5 cups of water for 1 1/2 hours. Serve.

雞內金開胃湯

Ji Nei Jin Soup



雞內金

甘、平

Ji Nei Jin

Sweet, neutral



雞內金乃家禽雞的胃內膜，以顏色金黃、皮厚、無雜質者為佳。

功能健脾胃、助消化、消食積、止遺溺等。

主治因消化不良引致之反胃、吐食，以及因脾虛引致之少食脹滿，因酒成積等症。對小兒遺尿亦具有一定療效。

*「雞內金開胃湯」具有健脾胃、助消化的食療功效。

Ji Nei Jin is the inner wall of a chicken gizzard. Good Ji Nei Jin is golden brown and pure and has a thick skin.

Ji Nei Jin invigorates the Spleen and Stomach, helps digestion, treats dyspepsia and stops enuresis.

Ji Nei Jin is good for frequent vomiting due to indigestion, abdominal flatulence due to Spleen-asthenia and dyspepsia due to too much consumption of alcohol. It is also used for bedwetting in children.

* Ji Nei Jin Soup invigorates the Stomach and helps indigestion.

一人份量

材料：

雞內金
炒山楂
炒麥芽
紅棗

三錢
二錢
三錢
五粒

做法：

把紅棗去核，連同各材料同時放進煲內，加六杯清水，煲四十五分鐘即可飲用。

Serves 1

Ingredients:

12 g Ji Nei Jin
8 g stir-fried haw
12 g stir-fried malt
5 red dates

Method:

Stone red dates. Cook with the remaining ingredients and 6 cups of water. Cook for 45 minutes and serve.

砂仁北芪燉豬肚

Stewed Pig's Tripe with Sha Ren and Bei Qi

二人份量

材料：

砂仁（研碎）	五分
北芪	三錢
豬肚	一個
沸水	一杯

調味料：

鹽	適量
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做法：

1. 先將豬肚用生粉洗擦乾淨，然後放入煮滾了的薑蔥水內煮片刻，再過冷河沖淨。
2. 北芪浸透撕幼條，連同洗淨的砂仁裝進豬肚內後放入燉盅內。
3. 把豬肚注入沸水，以文火燉三小時，下鹽調味即成。



砂仁又名春砂仁、縮砂仁，乃多年生草本植物縮砂果實內的種子，色暗褐，具香氣。

功能理氣調中、溫脾止瀉、止痛安胎。

主治因脾胃氣虛、氣滯所引致之胸膈脹滿、食滯及嘔吐瀉泄，以及因脾胃虛弱引致之寒泄痢疾、胎動不安等症。

*「砂仁北芪燉豬肚」可補脾健胃助消化。對脾虛胃弱、氣血不足、病後欠補有食療功效。尤其適合虛弱產婦及年長者食用。

Sha Ren is also called Chun Sha Ren or Suo Sha Ren. It is the seed of *Amomum villosum* Lour. (*A. echinosphaerum* K. Schum.) and is dark brown and has a pleasant smell.

Sha Ren regulates the Qi and Middle, warms the Spleen, checks diarrhoea, stops pain and calms the foetus.

Sha Ren mainly treats the Qi deficiency of the Spleen and Stomach, fullness sensation over the chest, dyspepsia, vomiting and diarrhoea due to stagnation of the Qi and dysentery and excessive foetal movement.

* Stewed Pig's Tripe with Sha Ren and Bei Qi tonifies the Spleen, invigorates the Stomach and helps digestion. Good for asthenia of the Spleen, weak Stomach, Qi and Blood-deficiency and regaining good health after illness. Especially good for asthenia of women after childbirth and the elderly.



辛、微澀、溫 **砂仁**

Acrid, slightly puckery, warm **Sha Ren**

Serves 2

Ingredients:

2 g Sha Ren (crushed)
12 g Bei Qi
1 pig's tripe
1 cup boiling water

Seasoning:

salt

Method:

1. Rub pig's tripe with caltrop starch. Cook in boiling water with ginger and spring onion for a while. Rinse.
2. Soak Bei Qi until soft and shred finely. Put pig's tripe and washed Sha Ren into pig's tripe. Put them into stewing pot.
3. Add boiling water. Stew over low heat for 3 hours. Season with salt and serve.

蜂蜜化痰羹

Honey Broth



蜂蜜

甘、平

Honey

Sweet, neutral



蜂蜜又稱為蜜糖，是蜜蜂吸採花液後在蜂巢內釀成的糖質液體。蜂蜜含豐富葡萄糖、果糖、蛋白質、碳水化合物、鈣、磷、鐵和維他命 B、C 等；功能清熱、補中解燥、解毒止痛；又能治肺燥咳嗽，潤腸通大便，止胃脘痛，湯火燙傷及預防衰老等。

蜜蜂吸採的花液不同，釀成的蜂蜜也各有不同的特殊功效：在枇杷園內，蜜蜂生產的蜂蜜能潤肺止咳；松樹園內所生產的蜂蜜能驅風寒、治風濕；百花蜂蜜則能潤澤肌膚等。

*「蜂蜜化痰羹」可化痰止咳，潤腸通便。

Honey is the sticky substance made from nectar by bees after it is collected from flowers. It is rich in glucose, fructose, protein, carbohydrates, calcium, phosphorus, iron and vitamins B and C. Honey clears Heat, tonifies the Middle, moistens Dampness, counteracts poison and stops pain. It also treats coughs due to Lung-Dryness, unlocks the bowels, stops epigastric pain, cures scalds and retards the process of ageing.

Honey collected from different kinds of plants has different functions: honey from loquats moistens the Lungs and relieves coughs; honey from pine trees expels Wind-Coldness, thus treating rheumatism; and honey from many different kinds of flowers moistens the skin.

* Honey Broth eliminates sputum, relieves coughs, moistens the Intestines and eases constipation.

一人份量

材料：

冬瓜子
川貝
雪梨
蜂蜜

五錢
三錢
兩個
適量

做法：

將雪梨去皮去核後切件，加四杯水與冬瓜子、川貝同煲一小時，隔渣後下蜂蜜拌勻即可飲用。

Serves 1

Ingredients:

19 g Dong Gua Zi
12 g Chuan Bei
2 pears
honey

Method:

Peel and core pears. Cut into pieces. Cook with Dong Gua Zi, Chuan Bei and 4 cups of water for 1 hour. Strain the broth. Mix with honey and serve.

火麻仁紫蘇粥

Huo Ma Ren and Zi Su Congee

一人份量

材料：

火麻仁
紫蘇子
粘米

三錢
二錢
一兩

做法：

將火麻仁及紫蘇子放入攪拌機內，加水磨幼後隔渣濾汁，用這些汁液與粘米煮成稀粥即成。

忌：脾虛腹瀉者忌用。



火麻仁又名麻子仁、火麻；為一年生草本植物，入藥用其子實。

火麻仁含豐富油脂，功能潤五臟、利大腸。

主治因年老血液枯燥、病後元氣未復，及產婦因氣血不順所引致之大便秘結。以火麻仁搗爛加蜜糖用作外敷，則能殺蟲治小兒頭瘡，及燙火傷等症。

*「火麻仁紫蘇粥」對老年人、產婦及因病後體弱而引致便秘者，有潤腸通便的食療功效。

Huo Ma Ren is also called Ma Zi Ren or Huo Ma. It is a variety of annual herb and its seeds are used as medicine.

Huo Ma Ren is rich in fat and moistens the main organs and benefits the Large Intestine.

Huo Ma Ren mainly treats dryness of Blood and inability to regain health after illness in the elderly and dry stools of pregnant women due to difficult circulation of the Qi and Blood. For head sores on children, worms and scalds, pound Huo Ma Ren into a power, mix it with honey and apply the mixture to the infected areas.

* Huo Ma Ren and Zi Su Congee is good for constipation of the elderly, pregnant women or people who are asthenic after illness. This congee moistens the Intestines and eases constipation.



甘、平 火麻仁

Sweet, neutral Huo Ma Ren

Serves 1

Ingredients:

12 g Huo Ma Ren

8 g Zi Su Zi

38 g long grain rice

Method:

Put Huo Ma Ren and Zi Su Zi into blender. Add water and process until juice is made. Strain the juice. Cook the juice and long grain rice to make congee. Serve.

Note: People who have asthenia of the Spleen or diarrhoea should not eat this congee.

無花果元肉芝麻糊

Sesame Paste with Figs and Dried Longans



無花果

甘、平

Fig

Sweet, neutral



無花果是桑科植物的成熟花萼。含豐富醣分、蛋白質、多種有機酸及植物生長激素。經近代醫學證明含抗癌成分，有降血壓及緩瀉作用。功能健脾清腸、解毒清腫。主治便秘、痔瘡、腸炎、痢疾、喉痛等症。

無花果瘦肉湯能清內熱，潤腸開胃，對頸部淋巴腺結核有食療之效。

痔患初起者，食用蒸軟的無花果，能暢通大便，有消炎防擴散之療效。

*「無花果元肉芝麻糊」對年老血虛頭暈、眼目昏黑及便秘有食療功效。

Figs are rich in carbohydrates, protein and several kinds of organic acids. Scientific research proves that figs are anticancer and lower blood pressure and check diarrhoea. Figs invigorates the Spleen, clear the bowels, counteract Poison and help swelling to go down. They mainly treat constipation, haemorrhoids, enteritis, dysentery and sore throats.

Fig and Lean Pork Soup clears Inner Heat, moistens the Intestines, whets the appetite and is good for the lymph nodes.

For haemorrhoids in the early stage, steamed figs loosen the bowels and prevent the infection from getting worse.

* Sesame Paste with Fig and Dried longans is good for dizziness due to Blood-asthenia of the elderly.

二人份量

材料：

無花果
元肉
黑芝麻
紅米

三個
二十粒
一兩
一湯匙

調味料：

糖

適量

做法：

1. 將無花果及元肉切幼粒。
2. 黑芝麻洗淨炒香，紅米浸透。
3. 把以上各材料放入攪拌機內，加入適量清水磨成幼糊。
4. 把幼糊放入煲內，邊煮邊攪拌，待煮沸後加糖拌勻即成。

Serves 2

Ingredients:

3 figs
20 dried longans
38 g black sesame
1 tbs red rice

Seasoning:

sugar

Method:

1. Cut figs and dried longans into small cubes.
2. Wash black sesame and stir fry until fragrant. Soak red rice until soft.
3. Put all the ingredients into blender. Add water and process until the consistency is fine.
4. Pour the mixture into pot. Stir while cooking. Bring to the boil. Add sugar and mix well. Serve.

瓜蒌仁潤腸湯

Gua Lou Ren Soup

一人份量

材料：

瓜蒌仁
清水

五錢
六杯

做法：

將瓜蒌仁連六杯水放入煲內，煲四十五分鐘即成。

忌：中氣虛者忌用。



瓜蒌仁為藤本植物瓜蒌的種子；種皮堅厚、色澤淺黃帶褐，多數於搗爛後再經鑊炒才作藥用。

功能降火、潤肺燥、滌痰、治咳嗽、止渴生津、利咽喉及潤腸通便等。

主治因肺燥、頑痰、食痰、老痰滯於體內所引致之咳嗽、煩渴、少津、氣逆胸悶等症。又能治理因火燥引致之大便秘結。

*「瓜蒌仁潤腸湯」具有潤肺止咳及利大腸的食療功效。

Gua Lou Ren is the seed of Gua Lou, a kind of liana. Its skin is hard and thick and light yellow. It is usually pounded into pieces and then stir fried to be used as medicine.

Gua Lou Ren inhibits exuberant Fire, moistens the Lung-Dryness, eliminates sputum, treats coughs, quenches thirst, promotes the secretion of body fluids, soothes sore throats and loosens the bowels.

Gua Lou Ren mainly treats coughs, thirst accompanied by restlessness, inadequate body fluids, fullness sensation over the chest due to adverseness of the Qi caused by Lung-Dryness, prolonged sputum and lingering phlegm-syndrome. It also treats dry stools due to Fire-Dryness.

* Gua Lou Ren Soup moistens the Lungs, relieves coughs and is good for the Large Intestine.



甘、寒 瓜蒌仁
Sweet, cold Gua Lou Ren

Serves 1

Ingredients:

19 g Gua Lou Ren
6 cups water

Method:

Put Gua Lou Ren and 6 cups of water into pot. Cook for 45 minutes and serve.

Note: People with asthenia of the Middle Qi should not drink this soup.

枳實破氣散積湯

Zhi Shi Soup



一人份量

材料：

枳實	三錢
白朮	三錢
大黃 (後下)	一錢
澤瀉	三錢
神曲	二錢

做法：

先以枳實、白朮、澤瀉及神曲加四杯清水煮三十分鐘，然後放下大黃，翻滾片刻後即可飲用。

忌：體虛氣弱、無濕積者忌用。

Serves 1

Ingredients:

12 g Zhi Shi
12 g Bai Zhu
4 g Da Huang (add later)
12 g Ze Xie
8 g Shen Ju

Method:

Cook Zhi Shi, Bai Zhu, Ze Xie and Shen Ju with 4 cups of water for 30 minutes. Add Da Huang. Bring the boil again and simmer for a while. Serve.

Note: People who have asthenia and Qi-deficiency should not drink this soup.

枳實

苦、酸、微寒

Zhi Shi

Bitter, sour, slightly cold



枳實為常綠灌木，入藥用其未成熟之果實，以皮厚堅小、色澤青黑者為佳。

功能破氣消積、利膈寬胸。

主治胸腹脹痛、痞滿宿食、食積痰滯、大便秘結、瀉而不暢及下痢等症。

枳實成熟了的果實名枳殼，亦可供藥用。主治子宮下垂及脫肛等症。

*「枳實破氣散積湯」對患有食積痰滯、大便秘結者，有破氣行痰、散積消痞的食療功效。

Zhi Shi is a kind of evergreen wood. Its unripe seeds are used as medicine. Good Zhi Shi has thick skin, is hard, small and dark green.

Zhi Shi eliminates stagnation of the Qi and is good for fullness and distending pain of the chest.

Zhi Shi mainly treats feelings of stiffness in the chest and abdomen, undigested food, dyspepsia, stagnation of sputum, dry stools and difficult diarrhoea.

The mature seeds of Zhi Shi are called Zhi Ke and can be used as medicine. Zhi Ke mainly treats prolapse of the uterus and anus.

* For dyspepsia and dry stools, Zhi Shi Soup relieves stagnation of the Qi, expels sputum, relieves dyspepsia and distension.

大黃消積湯

Da Huang Soup

一人份量

材料：

大黃（後下）	二錢
厚朴	三錢
枳實	三錢

做法：

先以厚朴及枳實加四杯清水煮三十分鐘，然後加入大黃，翻滾片刻後即可飲用。

忌：大黃為強烈瀉下藥：凡腸胃並無積滯、血分無鬱熱、孕婦、體虛者及婦女行經期間俱宜慎用。



大黃為多年生草本植物，入藥用其根莖。大黃質堅有芳香，顏色呈深黃色。

功能下腸胃積滯、瀉血分實熱、去瘀通經。

主治因腸胃宿食停滯所引致的大便秘結不動、小便熱結不利、腹滿痛等症。又能治濕熱引致發黃、因瘀血停滯而引致的經閉，及因跌打損傷引致瘀血在內、脹滿等症。

*「大黃消積湯」對大便秘結患者有消積去滯的食療功效。

Da Huang is a kind of perennial herb and its rhizome is used as medicine. Da Huang is hard, slightly fragrant and dark yellow in colour.

Da Huang removes toxic Heat from the Blood and regulates menstruation by removing blood stasis.

Da Huang is used for dry stools, dysuria and fullness sensation and pain of the abdomen. It also treats hair turning yellow due to Damp-Heat, amenorrhoea due to blood stasis, and blood stasis and flatulence due to body injuries caused by physical means.

* For people who have constipation, Da Huang Soup relieves dyspepsia.

Serves 1

Ingredients:

8 g Da Huang (add later)
12 g Huo Po
12 g Zhi Shi

Method:

Cook Huo Po and Zhi Shi with 4 cups of water for 30 minutes. Add Da Huang. Bring to the boil again and simmer for a while. Serve.

Note: Da Huang is a strong laxative, and is not suitable for people who do not have dyspepsia, people with no heat retention in Blood, women during pregnancy and menstruation and asthenic people.

苦、寒 大黃
Bitter, cold Da Huang



芒硝通便茶

Mang Xiao Soup

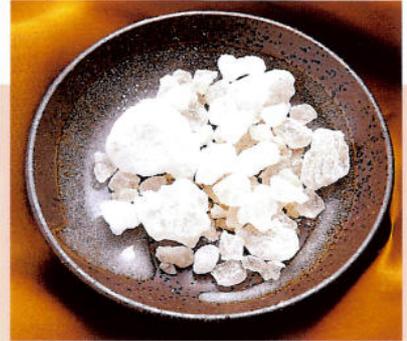


芒硝

鹹、苦、寒

Mang Xiao

Salty, bitter, cold



芒硝乃硝鹽類礦物，含於礦石、鹽泉、礦泉或海水中。經蒸煉後，上有細芒如鋒者曰「芒硝」，在下凝結成塊者為「朴硝」。芒硝經蘿蔔汁、甘草煉製後稱為「玄明粉」，或名「元明粉」。功能瀉熱、潤便、軟堅。

主治因腸胃實熱積滯引致的大便燥結。又能作局部外用治療口腔痛、喉痛及目赤等症。兼能治膽結石及膀胱結石等症。

*「芒硝通便茶」對大便燥結患者有瀉火解毒的食療功效。

Mang Xiao is a kind of mineral of sodium sulfate and is contained in ore, brine, mineral springs and sea water. After being calcinated, that on the top is called Mang Xiao while that underneath is called Bu Xiao. Mang Xiao is processed with turnip juice and licorice root juice to make Xuan Ming Fen or Yuan Ming Fen. Mang Xiao quenches Heat, unlocks the bowels and softens masses.

Mang Xiao mainly treats dry stools due to dyspepsia caused by Heat of the bowels. It treats sore oral cavity, sore throat and red eyes when used externally. Mang Xiao also treats bilestones or gallstones.

* For people who have dry stools, Mang Xiao Soup quenches Fire and detoxifies Poison.

一人份量

材料：

芒硝（後下）	三錢
厚朴	二錢
枳實	二錢

做法：

先以厚朴及枳實加四杯水煮三十分鐘，隔渣後加入芒硝，待翻滾片刻後即可飲用。

忌：芒硝為強烈瀉下藥，孕婦忌用。

Serves 1

Ingredients:

12 g Mang Xiao (add later)
8 g Hou Po
8 g Zhi Shi

Method:

Cook Hou Po and Zhi Shi with 4 cups of water for 30 minutes. Strain the soup and add Mang Xiao. Bring to the boil again and simmer for a while. Serve.

Note: Mang Xiao is a strong laxative and is not suitable for pregnant women.

赤石脂止瀉粥

Chi Shi Zhi Congee

一人份量

材料：

赤石脂 一錢
粘米 一兩

調味料：

紅糖 適量

做法：

1. 先將赤石脂研成粉末備用。
2. 把粘米加適量清水煮成稀粥，注入赤石脂粉末及紅糖，翻滾片刻即成。

忌：孕婦慎用。



赤石脂乃礦石土類之石脂，呈紅褐色，成塊狀，易碎。以質膩、細滑、有黏性者為佳。

功能澀腸止瀉、止血。

主治久瀉不止兼有出血之症狀，又能治女子崩中帶下、月經過多、婦人難產胞衣不出等症。

*「赤石脂止瀉粥」對久瀉、便血、崩漏帶下等症具食療之效。

Chi Shi Zhi is reddish-brown and breakable. Good Chi Shi Zhi is greasy, smooth and sticky.

Chi Shi Zhi quenches diarrhoea and stops bleeding.

It mainly treats prolonged diarrhoea accompanied by bleeding, morbid leuorrhagia, excessive menses, difficult labour with retention of placenta.

* Chi Shi Zhi Congee is good for prolonged diarrhoea, faeces containing blood, metrorrhagia and morbid leuorrhagia.

Serves 1

Ingredients:

4 g Chi Shi Zhi
38 g long grain rice

Seasoning:

red sugar

Method:

1. Grate Chi Shi Zhi into powder.
2. Cook long grain rice with water to make congee. Add Chi Shi Zhi powder and red sugar. Bring to the boil again and simmer for a while. Serve.

Note: Not for pregnant women.



甘、酸澀、溫 赤石脂

Sweet, sour-puckery, warm Chi Shi Zhi

車前草湯

Che Qian Cao Soup



二人份量

材料：

車前草	五錢
白花蛇舌草	一兩
金銀花	一兩
野菊花	一兩
生地	五錢
淡竹葉	三錢
木通	三錢

做法：

將各材料洗淨後，加入適量清水煲一小時，隔去藥渣即可飲用。
(適合作日常飲料)

忌：腎虛精滑者忌用。

Serves 2

Ingredients:

19 g Che Qian Cao
38 g Bai Hua She She Cao
38 g Jin Yin Hua
38 g wild chrysanthemum
19 g Sheng Di
12 g Dan Zhu Ye
12 g Mu Tong

Method:

Wash all the ingredients. Cook with water for 1 hour. Strain the soup. Serve. (This soup can be drunk daily.)

Note: People who have Kidney-asthenia and men with spermatorrhea should not drink this soup.

車前子

甘、寒

Che Qian Cao

Sweet, cold



車前子乃多年生草本植物車前的種子，以全草入藥則稱為車前草。

功能清熱利水、通淋止瀉、去痰止熱咳。

主治因熱結膀胱引致之小便不利、熱淋等。又能治水瀉初起、尿血及目赤腫痛等症。

車前草功能與車前子相同，但更長於清熱解毒。主治皮膚瘡毒及熱症出血等。

*「車前草湯」對於因膀胱炎引致尿頻、尿急、尿痛的患者，有清熱解毒及利尿的食療功效。

Che Qian Cao is the seeds of plantago asiatica L. The whole plants are used as medicine and are called Che Qian Cao.

Che Qian Cao clears Heat, relieves stranguria by diuresis, checks diarrhoea, expels sputum and relieves coughs due to Heat-evils.

Che Qian Cao mainly treats difficult urination and Heat-type stranguria due to retention of Heat-evils in the bladder. It also treats watery diarrhoea in the early stage, haematuria and painful eyes with swelling.

Che Qian Cao has the same functions as Che Qian Zhi but it works better at counteracting toxic Heat, thus treating sores on the skin and bleeding due to Heat-syndrome.

* Che Qian Coa Soup is good for frequent and painful urination as this soup eliminates toxic Heat and promotes diuresis.

茯苓消水湯

Fu Ling Soup

四人份量

材料：

連皮茯苓
連皮宣木瓜
連皮冬瓜

一兩
一兩
一斤

做法：

先將各材料洗淨，然後放入適量清水，煲一小時半即可飲用。



茯苓又名白茯苓、赤茯苓、茯神、茯苓皮；是寄生於松樹根部的菌類植物。外表暗褐色，有皺紋，肉質堅實，顏色白者為白茯苓；肉質輕虛，呈淡紅色者為赤茯苓；有松根者為茯神，外皮為茯苓皮。

白茯苓功能利水滲濕、寧心安神、健脾補中；赤茯苓功能利水瀉濕熱；茯神功能安神鎮靜，治驚悸失眠。茯苓皮利水道，治水腫。

*「茯苓消水湯」能有助消退足部水腫。

Fu Ling is also called Bai Fu Ling, Chi Fu Ling, Fu Shen or Fu Ling Pi. It is a kind of fungi which lives as a parasite on the roots of pine trees. Fu Ling which has dark brown skin with wrinkles and hard and white meat is Bai Fu Ling; the one which is light red is Chi Fu Ling; the one on pine roots is Fu Shen and the skin is Fu Ling Pi.

Bai Fu Ling relieves stranguria by diuresis, calms the Heart and Spirit, invigorates the Spleen, tonifies the Middle. Chi Fu Ling relieves stanguria by diuresis to quench Damp-Heat. Fu Shen calms the Heart and treats cardiac palpitations. Fu Ling Pi relieves diuresis and helps swelling to go down.

* Fu Ling Soup relieves oedema of the legs.



甘、平 茯苓

Sweet, neutral Fu Ling

Serves 4

Ingredients:

38 g unpeeled Fu Ling
38 g unpeeled Suan Mu Gua
600 g unpeeled wintermelon

Method:

Wash all the ingredients. Cook with water for 11/2 hours. Serve.

豬苓湯

Zhu Ling Soup



豬苓

甘、平

Zhu Ling

Sweet, neutral



豬苓乃寄生於楓樹根部的一種菌類塊根，因形似豬糞而得名。外皮黑褐色，肉呈白色。

功能利水、滲濕、解熱。

主治小便不利、腳氣水腫、濕熱帶下及妊娠足腫等症。

*「豬苓湯」對小便不利、澀痛或淋痛尿血等都有食療功效。

Zhu Ling looks like the faeces of pigs, its skin is dark brown and its meat is white.

Zhu Ling relieves stranguria, removes Dampness and expels Heat.

It also treats oliguria, oedema of the legs, morbid leurrhagia due to Damp-Heat and oedema during pregnancy.

* Zhu Ling Soup is good for oliguria, painful urination or pain due to stranguria and faeces containing blood.

一人份量

材料：

豬苓	五錢
茯苓	五錢
澤瀉	三錢
滑石	三錢
阿膠（後下）	二錢

做法：

先把豬苓、茯苓、澤瀉、滑石加六杯清水，煲約四十五分鐘，隔去藥渣，加入阿膠煮溶即成。

Serves 1

Ingredients:

19 g Zhu Ling
19 g Fu Ling
12 g Ze Xie
12 g Hua Shi
8 g E Jiao (add later)

Method:

Put Zhu Ling, Fu Ling, Ze Xie, Hua Shi and 6 cups of water into pot. Cook for 45 minutes. Discard ingredients. Add E Jiao and cook until it dissolves. Serve.

澤瀉利水茶

Ze Xie Tea

一人份量

材料：

澤瀉	四錢
豬苓	四錢
茯苓	五錢
白朮	三錢
肉桂	一錢

做法：

先將各材料洗淨，然後加入六杯清水，煲四十五分鐘即成。

(適合作日常飲料)

忌：無濕熱及腎虛精滑者慎用。



澤瀉乃多年生沼澤植物，入藥用其塊根。

功能利水、瀉熱、滲濕。

主治因脾胃有濕熱引致之頭重、目眩、耳鳴及小便不利、水腫、泄瀉及淋病等症。

*「澤瀉利水茶」對小便不利、水腫有食療功效。

The root tuber of Ze Xie is used as medicine.

Ze Xie relieves stranguria by diuresis, quenches Heat and removes Dampness.

It mainly treats heaviness of the head, dizziness and tinnitus due to Damp-Heat in the Spleen and Stomach, oliguria, oedema, diarrhoea and stranguria.

* Ze Xie Tea is good for oliguria and oedema.

Serves 1

Ingredients:

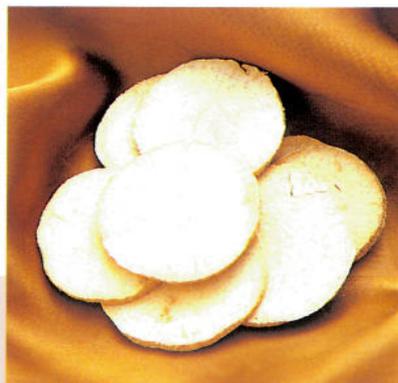
15 g Ze Xie
15 g Zhu Ling
19 g Fu Ling
12 g Bai Zhu
4 g Cinnamon

Method:

Wash all the ingredients. Cook with 6 cups of water for 45 minutes. Serve.

(This soup can be drunk daily.)

Note: People who have no Damp-Heat but have spermatorrhea due to Kidney-asthenia should not drink this tea.



甘、寒 澤瀉

Sweet, cold Ze Xie

冬瓜皮去濕熱糖水

Wintermelon Peel Sweet Soup



冬瓜皮

甘、微寒

Wintermelon Peel

Sweet, slightly cold



冬瓜皮乃葫蘆科一年生草本植物冬瓜的外皮，洗淨曬乾即可供藥用。

功能清熱、利水、消腫、解渴。

主治小便不利、腹脹膚腫、暑熱口渴等症。

冬瓜子乃冬瓜的種子，功能滑痰排膿、清熱滲濕。

主治因濕熱引致之白濁、白帶及痰熱咳嗽等症。

*「冬瓜皮去濕熱糖水」可利濕清熱。

Wintermelon Peel is the outer peel of wintermelon. It is washed and dried under the sun to be used as medicine.

Wintermelon peel clears Heat, promotes diuresis, helps swelling to go down and quenches thirst.

It treats mainly oliguria, abdominal flatulence and swelling of the skin and quenches thirst due to summer heat.

Wintermelon seeds are the seeds of wintermelons. They eliminate sputum and pus, clear Heat and remove Dampness.

They mainly treat whitish and turbid urine, leukorrhagia and coughs due to Heat sputum.

* Wintermelon Peel Sweet Soup promotes diuresis and expels Heat.

四人份量

材料：

冬瓜皮
清水

一兩
適量

調味料：

冰糖

適量

做法：

先將冬瓜皮洗淨，然後加入適量清水煲一小時，再下糖調味即成。

Serves 4

Ingredients:

38 g wintermelon peel
water

Seasoning:

rock sugar

Method:

Wash wintermelon peel. Cook with water for 1 hour. Season with rock sugar and serve.

通草利水湯

Tong Cao Soup

一人份量

材料：

通草
滑石

二錢
五錢

做法：

只需將通草及滑石加四杯清水，煮三十分鐘即成。



通草又名通脫木、空心通草、大通草及梗通草等。乃五加科灌木，入藥用其乾燥白色莖髓。

功能利水清熱、通氣下乳。

主治因濕溫引致之小便不利，以及因氣血不足引致之乳汁澀少，兼有明目退熱的功效。

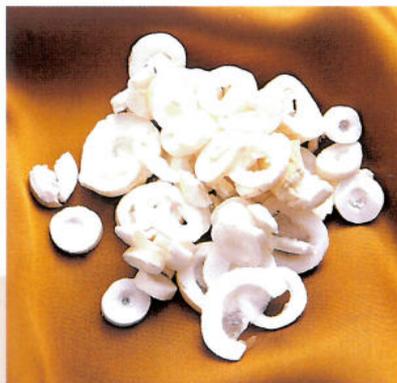
*「通草利水湯」可清熱消炎，利小便。

Tong Cao is also called Tong Tuo Mu, Kong Xin Tong Cao, Da Tong Cao or Ge Tong Cao. Its dried, white pith is used as medicine.

Tong Cao promotes diuresis, clears Heat and lactogenesis.

It treats mainly oliguria due to Damp-Warm, stimulates the flow of milk due to Qi and Blood-deficiency and improves eyesight.

* Tong Cao Soup expels Heat, relieves inflammation and promotes urination.



甘、淡、寒 **通草**
Sweet, bland, cold **Tong Cao**

Serves 1

Ingredients:
8 g Tong Cao
19 g Hua Shi

Method:

Bring 4 cups of water to the boil. Add Tong Cao and Hua Shi. Cook for 30 minutes. Serve.

木通利水降火茶

Mu Tong Tea



木通

大苦、寒

Mu Tong

Very bitter, cold



木通為藤本植物白木通的木質莖。除木通外，關木通、小木通的藤莖亦可供藥用。

功能利水降火、舒通血脈。

主治因濕熱引致的小便短澀、赤痛及水腫等症；又能治婦女經閉、乳汁澀少，及因心火肺熱所引致之頭痛。

*「木通利水降火茶」可降心火、利小便。

Mu Tong promotes diuresis, inhibits exuberant Fire and promotes circulation of Blood.

It mainly treats oliguria, stranguria and oedema. It is also used for amenhoea, inadequate secretion of milk and headaches due to Heart and Lung-Heat.

* Diverts Heart-Fire downwards and promotes urination.

一人份量

材料：

木通	二錢
紫蘇	二錢
赤茯苓	三錢
豬苓	三錢
桑白皮	三錢

做法：

只需將各材料洗淨，然後加入六杯清水煮四十五分鐘即成。

忌：氣弱精滑、尿頻、內無濕熱及孕婦忌用。

Serves 1

Ingredients:

8 g Mu Tong
8 g Zi Su
12 g Chi Fu Ling
12 g Zhu Ling
12 g Sang Bai Pi

Method:

Wash all the ingredients. Cook with 6 cups of water for 45 minutes and serve.

Note: People who have Spermatorrhea due to Qi-deficiency, frequent urination, no inner Damp-Heat and pregnant women should not drink this soup.

大腹皮利水消腫茶

Da Fu Pi Tea

一人份量

材料：

大腹皮	三錢
桑白皮	三錢
茯苓皮	五錢
陳皮	二錢
生薑皮	二錢
厚朴	三錢

做法：

只需將各材料洗淨，然後加入六杯清水煮四十五分鐘即可飲用。

忌：虛弱者忌用。



大腹皮乃熱帶常綠喬木檳榔果實的果皮。功能利水消腫、下氣寬中。

主治痞滿膨脹、水氣浮腫、泄瀉及小便不利等症；又能下氣、消除腸胃之積滯、散除無形之滯氣。

*「大腹皮利水消腫茶」對腹中脹滿、水氣浮腫及小便不利等症，具有利水消腫的食療功效。

Da Fu Pi is the peel of arecas, a kind of tropical evergreen wood.

It promotes diuresis, helps swelling to go down, promotes the descending of Qi and removes abdominal distension.

Da Fu Pi treats feeling of fullness and sensation, oedema, diarrhoea and oliguria. It also keep the adverse Qi downwards, removes undigested food and is good for stagnation of Qi.

* Da Fu Pi Tea is good for abdominal bloating, oedema and oliguria.

Serves 1

Ingredients:

12 g Da Fu Pi
12 g Sang Bai Pi
19 g Fu Ling Pi
8 g dried tangerine peel
8 g fresh ginger peel
12 g Hou Po

Method:

Wash all the ingredients. Cook with 6 cups of water for 45 minutes. Serve.

Note: People who have Asthenia should not drink this soup.



辛、微溫 **大腹皮**
Acrid, slightly warm **Da Fu Pi**

覆盆子止遺溺茶

Fu Pen Zi Tea



覆盆子

甘、酸、溫

Fu Pen Zi

Sweet, sour, warm



覆盆子乃常綠蔓性小灌木，入藥用其未成熟的果實。

功能強陽固精、止遺溺。

主治腎虛遺精、陽痿及小便失禁等症。

*「覆盆子止遺溺茶」對遺尿、失禁、陽痿、遺精、早泄等症都有食療功效。

Fu Pen Zi firms the Jing and stops entersis.

It mainly treats nocturnal emission due to Kidney-asthenia, impotence and incontinence of urine.

* Fu Pen Zi Tea is good for bed-wetting, incontinence, impotence, nocturnal emission and premature ejaculation.

一人份量

材料：

覆盆子	三錢
桑螵蛸	二錢
益智仁	二錢
山萸肉	二錢
菟絲子	二錢

做法：

先將各材料洗淨，然後加入五杯清水煲四十五分鐘，隔渣後便可飲用。

忌：小便不利者忌用。

Serves 1

Ingredients:

12 g Fu Pen Zi
8 g Sang Piao Xiao
8 g Yi Zhi Ren
8 g Shan Yu Rou
8 g Tu Si Zi

Method:

Wash all the ingredients. Cook with 5 cups of water for 45 minutes. Strain the soup. Serve.

Note: People who have Oliguria should not drink this tea.

家庭龜苓膏

Tortoise Shell Pudding

材料：

金錢龜或草龜
鮮土茯苓
老桑枝
鮮茅根
鮮蘆根
金絲草
涼粉草
雞骨草
防風
赤芍
生地
車前草
土茵陳
木通
土銀花

一隻
一斤
二兩
二兩
一兩
一兩
四兩
三錢
二錢
二錢
五錢
五錢
五錢
三錢
三錢

做法：

1. 首先將各材料洗淨，然後以大煲煮滾一煲清水。
2. 再加入各式材料，以耐火煮八小時。
3. 隔渣濾汁後，改以慢火煎熬便製成龜苓膏。



土茯苓又名土草薺，為多年生攀援狀藤本植物。生長於乾旱山坡和丘陵等地的小灌木叢中。功能健脾去濕、清熱解毒、利關節、助消化。主治瘡毒、白濁、風濕性關節炎、腎炎、皮膚濕疹及消化不良等。

土茯苓配合野菊花、金銀花、蒲公英各五錢煎水服用，對尿道炎及膀胱炎有頗佳療效。如患有皮膚濕疹者，可用土茯苓配以苦參、蒼朮及黃柏煎水清洗患處，亦具有一定療效。

*「家庭龜苓膏」能去濕、清熱解毒。

Tu Fu Ling is also called Tu Bi Xie. It grows on dry hill slopes and small woods on hillocks. Tu Fu Ling invigorates the Spleen, eliminates Dampness, counteracts toxic Heat, benefits the joints and helps indigestion. It mainly treats sores, whitish and turbid urine, rheumatic arthralgia, nephritis, eczema and indigestion.

Cook Tu Fu Ling with 18 g of wild chrysanthemums, 18 g of Jin Yin Hua, 18 g of dandelions and water. This drink is good for urethritis and cystitis. For people who have eczema, cook Tu Fu Ling with Fu Shen, Cang Zhu, Huang Bai and water, then pound the ingredients into pieces and finally apply the mixture to the infected area.

* Tortoise Shell Pudding expels Dampness and eliminates toxic Heat.



甘淡、微澀 土茯苓

Sweet-bland, slightly puckery Tu Fu Ling

Ingredients:

1 Jin Qian Tortoise or Grass Tortoise
600 g fresh Tu Fu Ling
75 g mature Sang Zhi
75 g fresh couchgrass root
38 g fresh Lu Gen
38 g Jin Si Cao
150 g Liang Fen Cao
12 g Ji Gu Cao
8 g Fang Feng
8 g Chi Shao
19 g Sheng Di
19 g Che Qian Cao
19 g Tu Yin Chen
12 g Mu Tong
12 g Tu Yin Hua

Method:

1. Wash all the ingredients. Bring 1 pot of water to the boil over high heat.
2. Add the ingredients. Simmer for 8 hours.
3. Strain the soup and discard the ingredients. Reduce to low heat and cook until pudding is made.

海金砂粟米鬚湯

Hai Jin Sha and Corn Silk Soup



海金砂

甘、寒

Hai Jin Sha

Sweet, cold



海金砂為多年生草本植物，入藥用其成熟的孢子。孢子呈黃棕色細砂狀，遇火即燃，有小爆破聲者為真品。海金砂功能除濕、利水、通淋。

主治因小腸、膀胱血分濕熱而成的淋痛；由急性腎炎所引致的血尿、尿道炎或膀胱結石及小便熱淋莖痛等症。

*「海金砂粟米鬚湯」對尿液含幼砂或呈混濁者有食療功效。

Hai Jin Sha is a type of perennial herb and its mature spores are used as medicine. Real spores are yellowish-brown, like fine sand, highly inflammable and have a soft explosive sound. Hai Jin Sha eliminates Dampness, promotes diuresis and relieves stranguria. It mainly treats pain due to stranguria caused by Damp-Heat in the Blood of the Small Intestine and Bladder; haematuria, urethritis or gallstones due to protracted nephritis and pain of testicles due to Heat-type stranguria.

* Hai Jin Sha and Corn Silk for urine containing sand or turbid urine.

一人份量

材料：

海金砂	五錢
粟米鬚	五錢
車前草	五錢
瘦肉	四兩

做法：

1. 先將瘦肉飛水沖淨，連同各材料放入煲內。
2. 注入適量清水，待水大滾十分鐘後，轉文火煲兩小時即成。

忌：凡尿道無濕熱、諸淋源於腎虛者均忌用。

Serves 1

Ingredients:

19 g Hai Jin Sha
19 g corn silk
19 g Che Qian Cao
150 g lean pork

Method:

1. Scald and rinse lean pork. Put all the ingredients into pot.
2. Add water. Bring to the boil and simmer for 10 minutes. Reduce to low heat and cook for 2 hours. Serve.

Note: People who suffer from No Damp-Heat in the urethra due to Kidney-asthenia should not drink this soup.

川萆薢去濕粥

Chuan Bei Xie Congee

四人份量

材料：

川萆薢	三錢
豬苓	三錢
澤瀉	三錢
赤茯苓	三錢
木棉花	三錢
燈芯花	三錢
赤小豆	三錢
白扁豆	三錢
薏米	三錢
芡實	三錢
冬瓜	一斤
蓮葉	1/4 塊
蓮蓬	兩個
粘米	二兩

調味料：

冰糖或鹽	適量
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做法：

將各材料洗淨，放入大煲內，注入適量清水煲兩小時，隔去藥渣，下調味料即成。

忌：下部無濕熱或腎虛腰痛者忌用。



Serves 4

Ingredients:

12 g Chuan Bei Xie
12 g Zhu Ling
12 g Ze Shi
12 g Chi Fu Ling
12 g cotton flowers
12 g Deng Xin Hua
12 g small red beans
12 g white hyacinth beans
12 g Job's tears
12 g fox nuts
600 g wintermelon
1/4 lotus leaf
2 seedpods of the lotus
75 g long grain rice

Seasoning:

rock sugar or salt

Method:

Wash all the ingredients and put them into a huge pot. Add water and cook for 2 hours. Discard ingredients. Season with rock sugar or salt and serve.

Note: People who suffer from No Damp-Heat in the lower part of the body or pain in the loins due to Kidney-asthenia should not eat this congee.

川萆薢又名萆薢，乃蔓生草本植物，入藥用其根莖。

功能去風寒濕痺、腰痛骨強、惡瘡淋濁。

主治尿酸性關節痛風、骨節風濕及慢性淋病；又能治腰背冷痛、濕痺腳軟等症，兼能中和毒素，緩解皮膚惡瘡與梅毒的病毒刺激。

*「川萆薢去濕粥」能清濕熱、解暑氣、健脾胃，對小便不利、尿色金黃及尿味濃者有食療功效。

Chuan Bei Xie is also called Bei Xie. Its rhizome is used as medicine.

Chuan Bei Xie expels Wind-Cold, Wet-type arthralgia, pain in the loins and bones, prolonged sores and stranguria with turbid urine.

It mainly treats rheumatism of the joints and chronic stranguria. It also treats Cold pain in the loins and knees, Wet-type arthralgia and weakness of the legs. Chuan Bei Xie counteracts poison, alleviates sores on the skin and syphilis.

* Chuan Bei Xie Congee expels Damp-Heat, eliminates summer-Heat, invigorates the Spleen and Kidneys and is good for oliguria, gold coloured urine with a strong smell.



苦、平 川萆薢
Bitter, neutral Chuan Bei Xie

金錢草排石湯

Jin Qian Cao Soup



金錢草

微鹹、平

Jin Qian Cao

Slightly salty, neutral



金錢草乃多年生草本植物過路草的全草，鮮品或陰乾後俱可入藥。

功能清熱消腫、利水通淋。

主治腎結石、膀胱結石和膽結石等淋症。配車前草搗汁，和以白酒外敷，能治惡瘡腫毒；又有祛風、治濕熱等功效。

*「金錢草排石湯」對腎結石患者有利尿作用，又具促使細小的結石自行排出體外的食療功效。

Jin Qian Cao which is either fresh or dried in the shade is used as medicine.

Jin Qian Cao expels Heat, helps swelling to go down, promotes diuresis and stranguria.

It mainly treats stranguria characterized by kidney stones, bladder stones and gallbladder stones. For sores and swelling, pound Jin Qian Cao with Che Qian Cao to make juice with white wine and apply the mixture to the infected areas. Jin Qian Cao expels Wind and treats Damp-Heat.

* For people who have kidney stones, Jin Qian Cao Soup promotes urination. It also induces excretion of small kidney stones from the body.

一人份量

材料：

金錢草	二兩
海金沙	三錢
杜仲	五錢
雞內金	三錢
滑石	五錢
白芍	四錢
甘草	一錢
豬腱	二兩

做法：

先將豬腱飛水沖淨，再把各材料洗淨，連同適量清水放入煲內，待水大滾十分鐘後，轉文火煲一小時即成。

Serves 1

Ingredients:

75 g Jin Qian Cao
12 g Hai Jin Sha
19 g Du Zhong
12 g Ji Nei Jin
19 g Hua Shi
15 g Bai Shao
4 g licorice root
75 g shin of pork

Method:

Scald and rinse shin of pork. Wash all the ingredients. Put into pot together with water. Bring to the boil and simmer for 10 minutes. Reduce to low heat and cook for 1 hour. Serve.

石韋通淋湯

Shi Wei Soup

一人份量

材料：

石韋
金錢草
冬葵子
瞿麥
滑石
車前草
瘦肉

五錢
一兩
五錢
三錢
五錢
三錢
二兩

做法：

先將瘦肉飛水沖淨，再把各材料洗淨，然後加六杯水煲一小時即成。

忌：無濕熱者忌用。



石韋乃多年附生草本植物，入藥用其乾燥葉。

功能清濕熱、利水通淋。

主治因濕熱引致的小便癃閉、淋濁等症；又能治崩漏金瘡。

*「石韋通淋湯」對尿道結石有食療功效。

Dried leaves of Shi Wei are used as medicine. It expels Damp Heat and relieves stranguria by diuresis.

Shi Wei mainly treats dysuria and oliguria with turbid urine. It also treats morbid leukorrhagia and incision wounds.

* Shi Wei Soup is good for people who have kidney stones.

Serves 1

Ingredients:

19 g Shi Wei
38 g Jin Qian Cao
19 g Dong Kui Zi
12 g Qu Mai
19 g Hua Shi
12 g Che Qian Cao
75 g lean pork

Method:

Scald lean pork and rinse. Wash all the ingredients. Cook with 6 cups of water for 1 hour. Serve.

Note: People who have No Damp-Heat should not drink this soup.



甘、苦、微寒 石韋

Sweet, bitter, slightly cold Shi Wei

篇蓄清熱利尿湯

Bian Xu Soup

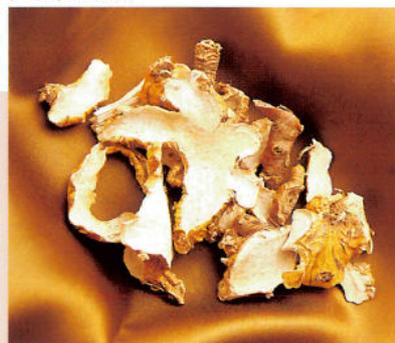


篇蓄

苦、平

Bian Xu

Bitter, neutral



篇蓄乃一年生草本植物，以全草入藥。

功能清濕熱、利水通淋、殺蛔蟲。

主治熱淋、小便澀痛、惡瘡、疥癬、蛔蟲及黃疸等症。

*「篇蓄清熱利尿湯」對尿道受感染患者有清熱利尿的食療功效。

Bian Xu is a kind of annual herb and the whole plant is used as medicine.

It expels Damp-Heat, relieves stranguria by diuresis and kills roundworms.

Bian Xu mainly treats urinary infection, painful urination, long-standing sores, scabies and jaundice.

* For infection of the urethra, Bian Xu Soup expels Heat and promotes urination.

一人份量

材料：

篇蓄	四錢
車前草	三錢
蒲公英	五錢

做法：

將各材料沖洗後，加入六杯清水煲四十五分鐘即成。

忌：小便不利者忌用。

Serves 1

Ingredients:

15 g Bian Xu
12 g Che Qian Cao
19 g dandelions

Method:

Rinse all the ingredients. Cook with 6 cups of water for 45 minutes. Serve.

Note: People who have Oliguria should not drink this soup.

瞿麥利尿通淋湯

Qu Mai Soup

一人份量

材料：

瞿麥	三錢
萹蓄	三錢
大黃 (後下)	三錢
木通	二錢
瘦肉	二兩

做法：

先將瘦肉飛水沖淨，連同各材料放入煲內，待水大滾十分鐘後再轉文火煲一小時，下大黃滾三分鐘即成。

忌：脾腎虛而無濕熱者及孕婦均忌用。



瞿麥乃多年生草本植物，入藥用其乾燥全草。功能清熱破血、利水通淋。

主治因濕熱引致的小便不利、熱淋澀痛，又能破血通脈。

*「瞿麥利尿通淋湯」可清濕熱，利水通淋。

Qu Mai is a kind of perennial herb. The dried whole plant is used as medicine. Qu Mai expels Heat, stimulates menstrual discharge and promotes straguria by diuresis.

Qu Mai mainly treats urolithiasis with difficult and painful urination and regulates menstruation.

* Qu Mai Soup expels Damp-Heat and relieves stranguria with diuresis.

Serves 1

Ingredients:

12 g Qu Mai
12 g Bian Xu
12 g Da Huang (add later)
8 g Mu Tong
75 g lean pork

Method:

Scald lean pork and rinse. Put all the ingredients into pot. Bring to the boil and simmer for 10 minutes. Reduce to low heat and cook for 1 hour. Add Da Huang and boil for three more minutes. Serve.

Note: People who have asthenia in the Spleen and Kidney and no Damp-Heat and pregnant women should not drink this soup.



苦、寒 瞿麥
Bitter, cold Qu Mai

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