

Herbal Teas for Beginning Stages of Colds



Tea for Wind Cold

You may well be raising your eyebrows at this tea and rightly so: it is not for the faint-hearted. But when you feel shivery, cold and know that you are going down with a cold or flu, this tea is may yet save the day. Make several strong cups, drink up and then crawl under the bedclothes to sweat it out.

Preparation time: 10 mins
Makes 2 cups

Ingredients

2 teaspoons fresh ginger
1 teaspoon cinnamon bark
1 clove garlic
1 spring onion
1/4 teaspoon cayenne pepper
2 cups water

Method

Simmer the ginger and cinnamon for 10 minutes, adding the chopped spring onion, garlic and cayenne pepper just before the end. Sweeten with a little honey if desired.



Tea for Wind Heat

Definitely the tea for the feverish beginnings of flu or colds. It has the added bonus of being very pleasant.

Preparation time: 5 mins
Makes 3 cups

Ingredients

1 teaspoon peppermint
1 teaspoon elderflower
1 teaspoon yarrow
3 cups water

Method

Pour boiling water over the leaves and leave to steep for 5 minutes.

Essential Oils for Travel

Essential oils are great for use on airplanes (and everywhere) right now. High antiviral properties for protection and reducing contagion. Using EOs everyday helps us to stay strong and healthy during high viral season.

You can make a mix of the oils listed below and dilute the combo with water, put in a spray bottle, and use on doorknobs, phones, airplane trays, hands, etc. You can also add drops to a small bottle of carrier oil and apply on the body: dab it inside your nostrils or put 5 drops inside a mask and wear it on the plane-the mask provides a platform for the oils so you can inhale them; this works better on short flights. You can also put them on a scarf and inhale regularly...also put some of the diluted oil on hands.

Thyme
Eucalyptus
Tea Tree
Lavender
Oregano

Put 5 drops each in 2 oz spray bottle and add water.

Put 2 drops each in 1 oz dropper bottle.

From Elaine

For the Chefs in the Crowd

Bone Broth (A Winter Staple!)

- Roughly 2lbs of bones (turkey, chicken or beef). You can use a leftover carcass from roasted chicken/turkey or get bones from a butcher. If you are using raw bones from the butcher roast the bones with a little olive oil and your veggies at 450 degrees for 10-20 minutes or until deeply browned.
- 1 onion quartered.
- 2-3 carrots in large (2-3 inch) chunks
- 2 stalks of celery cut up in 2-3 inch chunks.
- A couple of garlic cloves-cut in halve
- Enough water to cover the bones and veggies
- A few bay leaves, 1 TB whole peppercorns
- 1-2 TB apple cider vinegar

In a large stock pot place the roasted bones and veggies and cover with water. Bring to boil and skim off any foam. Add the spices and vinegar and lower heat to a low simmer and cover. Check broth every few hours, adding water when needed to make sure bones and veggies are covered.

Allow broth to simmer on low for **24 hours** for chicken and turkey broth and **48-72 hours** for beef broth, until bones are soft and start to break down. (If you are nervous about leaving the broth on the stove overnight you can also use a crockpot to cook your broth.)

Strain out the bones and veggies, pressing gently to squeeze out all the good juices!

Allow broth to cool and skim off the fat layer that forms on top. I usually freeze in small single or double serving batches.

Basic Congee Recipe

1 cup of rice (I like using “black” rice, but you can use any kind of rice that you enjoy—white, jasmine, brown, wild etc)

6 cups of liquid (beef or chicken broth is best, but you can use veggie broth or water)

If using a slow cooker, put the rice and liquid together in the cooker, cover and set it on a low or low-medium setting. Let it cook together for 4-6 hours until the mixture resembles a thick porridge.

If you are cooking on the stove, combine ingredients, cover, bring to a boil and then turn setting down to lowest setting. Cook for several hours checking on it from time to time until the mixture resembles a thick porridge.

Top the congee with a little bit of shredded meat or fish, steamed, roasted or fresh veggies or some ginger, onions or crunchy bits. A traditional topping might be some shredded pork, green onions, ginger and minced radish. You can experiment with different taste combos. My favorite congee topping includes roasted sweet potatoes, crumbled bacon or shredded pork, and some caramelized onions. I also like to use shredded chicken breast, sweet potatoes, pickled beets and some sliced almonds. I have friends who top their congee with sliced eggs and pickled or preserved veggies. Sometimes I stick to [traditionally Asian flavor combinations](#) but you don't have to. You can experiment. The internet is full of different kinds of congee recipes--you can try them all! Months in the freezer and 4-5 days in the fridge. You can also freeze the broth in an ice cube tray and then pop out the broth cubes into a plastic freezer bag for 1 oz servings to use in sauces.

Asian Herbal Medicines and Acupuncture

Asian herbal medicines and acupuncture are currently being used in China to support recovery from coronavirus and help contain the spread. These medicines are prescribed to support healing at three different stages of this outbreak:

- **PREVENTION:** Best medicine for prevention of coronavirus and flu is **Jade Windscreen**. This formula is to be used only if one does not have any symptoms of infection. It is designed to boost immunity by supporting one's defensive qi thus preventing the virus from entering one's exterior layers of qi. It can be helpful for seasonal allergies as well. Speak with your practitioner to see if this appropriate for you
- **EARLY ONSET:** **Gan Mao Ling** formula can be used if there are early symptoms of onset like a runny nose, cough, sore throat, swollen glands and a stiff neck. It "is a potent remedy for quickly dispelling pathogenic influences from the surface layers of the body before they sink more deeply into the internal layers where they are more difficult to treat." Its effectiveness is in the very early stages.....within 24-48 hours so this may be a formula to have on hand in case you begin to notice symptoms.
- **RECOVERY:** We all know the feeling that you are better from a flu but not really running on all cylinders. **Acupuncture** is excellent for restoring one's vital energy and getting you back into life once symptoms have abated. In this regard it has a proven track record.

Pulse Taking, Chinese Style

