

Your Kitchen Pharmacy

Sharing homemade remedies

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This list of kitchen helpers is intended to help you recognize how to use some of the valuable herbs and natural items readily available in your home. Think back to several generations when seasonal colds and coughs, minor house-hold accidents, and even chronic pain, were addressed with items found in the pantry. Nothing could be closer to TCM thinking than how to use natural ingredients as your first line of defense.

Minor Burns from Cooking Accidents

Even minor burns from cooking accidents can be pretty painful. Here's a simple way to deal with them. First flush the burn area with cold water. Then apply a formula of egg white and baking soda.

Recipe:

1 egg white

2 tablespoons of baking soda

Beat the egg white; add baking soda and mix well.

Apply to burn.

Minor Cuts

Oops! Sometimes it happens. You get a minor cut while chopping veggies or doing other kitchen chores. To stop bleeding, rub the top of an unlit match until there is a small amount of ash showing. Rub the ash onto the cut. If you have a wood-burning stove, rub some of the stove's ash onto the minor cut.

Food Poisoning

That queasy feeling in your stomach is about to get worse! What can you do? Ginger root to the rescue.

Recipe:

12 quarter-size pieces of fresh ginger root

2 cups of boiling water

Add ginger root to the boiling water and let boil for 15 minutes. Drink immediately. Continue by drinking several more cups throughout the day. (If you prefer using ginger tea bags, make sure they contain 100 percent ginger and are not ginger-flavored.)

Winter Colds

Chase away a winter cold by warming up the body internally with this healthy, healing tea.

Recipe:

4-5 pieces of ginger root

4 one-inch slices of the whites of scallions

2 tablespoons of brown sugar

Boil these ingredients together in 2 cups of water and drink throughout the day; then take a hot bath or shower. If you're sneezing, have body aches or a runny nose, you can also take one baby aspirin along with this healing tea, which can help guide the aspirin to where it can do the most good.

Coughs

There's nothing worse (or more exhausting!) than dealing with a cough that just won't go away. Soothe your cough with this drink.

Recipe:

3 cups of boiling water

2-3 diced fresh pears

2 tablespoons of honey

Add the pears and honey to the boiling water. Let boil for 15 minutes and drink throughout the day. You can also substitute pear juice in place of fresh pears, but be sure to add the honey, since it can help your Lung function better.

For Muscle Aches and Relaxation

Try soaking in this special bath potion, especially if you have muscle aches or just want to thoroughly relax!

Recipe:

Tub of hot water

1 cup of wine or white vinegar

Add wine or vinegar to the hot tub

Soak 20 minutes or longer; replenish hot water occasionally. Rinse with hot water. Feel your body sigh one great "aaah," then climb into bed and get under some nice warm covers.

Insomnia

Is it hard for you to fall asleep? Here's a simple solution. Soak your feet and start from the bottom up!

Recipe:

5 inches of hot water in a basin or tub

1 cup of wine

Several drops of cinnamon oil

Before going to sleep, place your feet in a tub or a basin of hot water that comes to about five inches above the tops of your feet. Add to water, 1 cup of wine and several drops of cinnamon oil. After soaking your feet, dry them well. Massage more cinnamon oil on the bottoms of your feet.

More Suggestions for Healing Insomnia

Drink fresh celery juice. Juice a few stalks of celery and drink daily.

or

Warm up whole milk (not skim or non-fat milks) and add honey. Drink right before going to bed.

Digestive System Issues

The best thing you can do for your whole body is strengthen the function of your digestive system. One time-tested way to conquer digestive system issues is to eat a steady diet of Chinese barley, Goji berries and red dates.

Recipe:

5 cups of boiling water

1 cup of barley

Handful of Goji berries or red dates

Rinse barley and add to boiling water. Reduce heat and let simmer about one hour. Continue to check barley so it does not dry out or get too mushy. About 30 minutes into the cooking, add the Goji berries or red dates. Eat hot or at room temperature.

Common Pain Conditions

PMS, loose stool, neck stiffness, lower back pain, IBS. Try this soothing herbal heating pad and get relief from minor pain.

Recipe:

1/4 cup whole peppercorns

2 cinnamon sticks

Handful of tangerine peel

Fresh ginger root, chopped

Put these ingredients together into a clean sock; tie the end up. Heat the sock in a microwave or slow, warm oven. Make two of them so when one is cold you can use the other. Place on area of pain.

High Blood Pressure

This simple technique can easily be added to other activities that you're doing to reduce high blood pressure.

Recipe:

Juice one red onion and drink a shot glass twice a day.

This information is brought to you as an educational initiative by the Traditional Chinese Medicine World Foundation. Our continued efforts focus on sharing ancient wisdom geared toward everyday health.

DISCLAIMER:

This information is not intended to diagnose, treat, cure or prevent any disease or illness. See your healthcare practitioner right away if your condition is serious or worsens.



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