

Glossary of special foods

Chrysanthemum flower (Ju Hua)

Often found in dry form at Asian grocers or Herbal stores. Fresh and wild chrysanthemum flower may also be used.

Cilantro (Yan Shi)

Also known as Chinese parsley, Mexican parsley or Coriander leaf. It is an easily found herb that can promote sweating. Can be found in some supermarkets and Asian Grocers.

Dandelion

Dry dandelion is sold at herbal stores. Fresh dandelion found growing wild in fields may also be used.

Mulberry leaves

Sold at herbal stores in dry form. Fresh leaves may also be used.

Disclaimer

This leaflet intends to introduce the healing aspects of foods. It is the author's desire to help those who are open to natural alternatives to healing.

The information provided is to the author's best knowledge and experience and is to be used by readers at their own discretion. For serious conditions we advise you consult a Traditional Chinese Medicine practitioner.



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High Blood Pressure

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Hypertension

Commonly known as high blood pressure. Symptoms often include one or more of the following: headache, dizziness, tinnitus, blurry vision, palpitations, tightness or fullness on the chest, fatigue, insomnia, vertigo.

It is commonly caused by hardening of the arteries or kidney dysfunction.

Recommended foods

Celery
Spinach
Garlic
Bananas
Sunflower Seeds
Honey
Tofu
Mung beans
Bamboo shoots
Seaweed
Vinegar
Tomatoes
Water chestnuts
Corn
Apples

Persimmons
Peas
Buckwheat
Jellyfish
Watermelon
Hawthorn berries
Eggplant
Plums
Mushroom
Lemons
Lotus root
Chrysanthemum flowers
Cassia seeds

Foods to avoid

Alcohol
Spicy food
Coffee
All stimulants
Fatty or fried foods
Potatoes
Pork

Avoid

Smoking
Stress
Constipation
Strong Emotion
Overeating

Food Therapy

- Sleep on a pillow of chrysanthemum flowers to draw the heat out of the head.
- Drink chrysanthemum flower tea.
- Drink cornsilk tea.
- Eat mung bean soup.
- Drink warm celery juice three times a day.
- Drink a mixture of water, vinegar and honey daily for one month.
- Drink lotus root tea daily for one month.
- Eat abalone and seaweed soup.
- Drink hawthorn berry for a year.
- Make soup from Seaweed, pearl barley and a little of honey. Eat every day for five days.
- Drink tea of watermelon rind, mugwort, and mulberry branches for two months.
- Drink three glasses a day of unripened persimmon juice for one week.
- Eat three apples daily.
- Drink watermelon juice, three cups daily for three months in Summer.
- Drink lotus root tea, three cups daily for three months.