

Excerpt from

Macrobiotic Home Remedies

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Colds

It is best not to eat, or to eat brown rice cream.

1. Internal Remedies:

-Mix chopped scallions with an equal amount of miso; add hot bancha and drink this hot miso scallion drink (No. 220). This stimulates the circulation.

-Kuzu Tea (No. 242), umeboshi-Kuzu or ume-sho-kuzu (No. 245).

-Lotus Tea (No. 222), or better Lotus-Kuzu Tea (No. 248).

-For yang persons who have a cold with fever: use Daikon Drink No. 1 (No. 215), or mix six grams of the white part of the scallions with 3 grams of ginger, and boil this in one cup of water.

2. External Remedies

-Apply hot towels on the back of the neck.

-Apply Mustard Plaster (No. 505) on the back of the neck, the chest or the back of the chest.

Coughing

There are numerous causes of coughing. The cough it self can manifest in a more yin way (mucus producing, wet) or in a more yang way (more explosive, dry, barking). The remedies listed here can be helpful to quite down the coughing, but they do not treat the cause.

1. Internal Remedies:

A) Roast a handful of rice. Boil this together with finely chopped lemon rind or orange rind in 3-4 cups of water. Boil it down to one cup. This is good to relieve a yang cough, such as coughing during measles.

B) Roast a handful of rice. Add a handful of chopped lotus root and a small amount of shiso leaves. Add this to 3 cups of water and boil it down to one cup.

C) Boil 50 percent pumpkin seeds with 50 percent raw walnuts and 3 cups of water. Boil this down to one cup.

D) Boil black beans. Skin off the think juice off the top of the beans and drink this. This is also good for laryngitis.

E) Mix 50 percent ame (rice honey or rice syrup) with 50 percent grated daikon and take 1-2 tablespoons of this preparation per day: pour hot bancha over it, stir and drink.

F) When coughing sticky mucus, use the recipe explained on the next page.

G) Lotus Root Tea (No. 222).

H) Tea made from flax seeds or flax root (No. 236).

I) Apricot seeds (No. 15).

J) Mu Tea (No.205) for yin persons, Shiitake Tea (No. 218) for yang people.

2) External Remedies:

A mild treatment consists in rubbing the throat and chest with a mixture of 50 percent oil and 50 percent ginger juice - Ginger - Oil (No. 802). Stronger treatments are the ginger compress (No. 501), or a mustard plaster (No. 505).

Fever

Although fever may be considered as a healthy, beneficial reaction of the body, this reaction can be sometimes be too strong, or can last too long. In both cases this can lead to serious damage: intensity of the temperature can affect the brain, and is duration can dehydrate the body. Such extremes of fevers are much more common when our diet consists of extremely strong yin or yang foods, and it is relatively rare among macrobiotic children, although not impossible. It is therefore important to know how to lower fevers.

The cause of fever can be yin or yang, but if fever itself is yang phenomenon. Aspirin is a strong yin product which in extinguishes this yang action, but unfortunately aspirin is so yin that it also affects the yang organs, such as the kidneys. Some other types of yin products tend to activate the yang fire of fever; for example, it has been seen that some anti-biotics kill bacteria, but cause fever! In the macrobiotic approach we try to find milder yin items which do not activate the fever, but rather reduce it, without weakening any organ.

Macrobiotic Approach to Fever:

1) Internal Remedies:

-In order to prevent dehydration, you should take liquid foods such as rice tea (No. 210), Rice Soup (No. 3) or rice cream (No. 2).

-Kuzu Tea (No. 242) reduces the temperature more towards normal; for children Ame-Kuzu (No. 246) is more suitable.

-For children: squeeze the juice from one half of sour green apple, and give this to drink; boil the other half as apple sauce and give this to eat.

-Stronger effects can be obtained from daikon drink No. 1 (No. 215), shiitake tea (No. 218) or daikon-shiitake-kombu tea (No. 219).

-For really high fevers: use Carp blood (No. 254), carp plaster (No. 510), if available.

2) External Remedies: Classified from weaker to stronger acting remedy:

-Daikon plaster or turnip plaster (No. 509).

-Chlorophyll Plaster (No. 508); use it in particular the leaves of cabbage, and change them every half hour.

-Raw Soybean plaster (No. 507) or tofu plaster (No. 506).

-Carp plaster (No. 510): use this only in case of pneumonia.

-These plasters should be applied on the source of the fever, in a chlorophyll plaster or tofu plaster can also be applied on the head.

Warning: Do not forget: we have to find out what is the cause of the fever, and together with the symptomatic lowering of the fever we have to try to neutralize its cause.

Also do not forget that light fevers do not need to be normalized. And you should never try to normalize fever in the case of measles by any remedy. Rather, you should only keep the fever within a certain limit (maximum 104 degrees F.).

Coughing sticky mucus:

when sticky mucus is being coughed up, traditionally the following dish was prepared:

Grate 5 (2 in) piece of *daikon root*. Take 3 very small pieces of dried ginger, a small amount of pepper seeds (optional) and some dried tangerine skin. Boil this together for about 10-15 minutes with about 2 cups of water, and then drink this cooked juice.

The thinking behind the composition of this kind of preparation is very interesting.

Since this is mucus stagnation, we want to disperse it. But since the symptom is characterized up by upward energy, we must give some sort of downward energy. A downward item which also gives dispersing effects is *daikon root*.

Ginger also has a dispersing effect: it is hot, stimulating, dispersing and outgoing energy. You can notice this when you take for example *ginger drink*: you start to sweat. Yet ginger is also a root and is therefore stimulating downward energy. Furthermore, *tangerine skin* also has dispersing effect. By itself however, it is very yin, so it may cause coughing! Therefore we use only dried (more yang) tangerine skin.

The dispersing effect can further accelerated by adding *pepper*. Since this is very yin, it is only used in some cases. If we boil everything together, and take this drink, it can cure the

problem.

As you can see, this preparation is a very well thought out combination of ingredients.

Child with Feverish Cold:

Kuzu is very efficient to normalized body temperature. However, Kuzu is a yang root. If we want to give it to a child, we should prepare it in a yin way. Since the taste of Kuzu is very bland, it is very convenient to yinnize this preparation with a sweetener.

If we want to give sweetened Kuzu, we will obtain a different result when using maple syrup or rice malt or barley malt as a sweetener. If the child has fever, we must give Kuzu with rice syrup. Kuzu with barley syrup will not work to lower the fever. Of course if we add maple syrup or sugar, it will never work, and even make the condition worse!

Asthma Attack

Asthma attacks can be dangerous and need to be watched very closely.

-We can try to relieve them by applying Ginger Compresses (No. 501) to the chest, in the front as well as in the back. Compresses may needed to be repeated, sometimes for up to one or several hours before an attack fades away.

-A specific drink has been explained in chapter 2 of part I (pp. 49, 50): crush 20 grams of peach kernels and 12 grams of apricot kernels in a suribachi. Add some grated ginger and a little rice malt, and boil this together with water for 5-10 minutes. Drink and eat everything.

-In case you don't have peach or apricot kernels: in the short term it may be found that the intake of something yin will have an effect, such as hot water with rice honey, or Kuzu with barley malt, or hot apple juice; some people notice relief after drinking strong coffee. This may relieve the attack, and safely be used at the time, but if this would be the only treatment in the long term, it will gradually worsen the condition of asthma itself, and lead to sooner and more serious new attacks. To treat the cause of asthma, one should try to become gradually more yang, by using a standard macrobiotic diet together with a moderate intake of gomashio or umeboshi plums.

Remedies

2. Special Rice Cream (Rice Cream made from whole rice):

Dry-roast one cup of brown rice in a cast iron or stainless steel skillet until it is golden yellow. Do not use oil. Place this rice in a pot, add 7-10 cups of spring water and bring to a boil. Cover, lower the flame and simmer 3-4 hours. (If you use a pressure cooker, use less water [about 5 cups] and boil it for 2 hours.

Let this preparation cool and then squeeze the thick soup a little at a time through a cheese cloth. You should obtain 3-3 ½ cups of rice cream. Add salt to the cream (not for babies or for very yang sick people), reheat and serve. Eat this rice cream with a small amount of condiment such as tekka, or umeboshi, or sea vegetable powder, or gomashio, or chopped scallions, nori, parsley, etc. and do not forget to chew it very well!

This cream is excellent for use in the following cases:

- For weak people: give this cream at anytime in case of tiredness.
- For sick children.
- For people who cannot chew because they are too sick or too old.

-For people who have no appetite, and patients that have been bedridden for a long time and who have no more vitality.

-For breaking a fast.

3. Rice Soup (Rice Kayu):

Kayu means “weakened rice” or “softened rice”

Roast one cup of brown rice in a little sesame oil until golden brown. Add 7-10 cups of water (5 cups when boiling in a pressure cooker), bring this to a boil, add a pinch of sea salt and simmer until the rice is soft and about half of the total volume remains. This takes 1-3 hours. This is a good breakfast for all sick people and in particular in chases of arthritis and rheumatism. It can be eaten with an umeboshi.

15. Apricot Seeds:

Chew 3-6 grams of raw or roasted seeds. Do this in chase of coughing, colds or bronchitis. It is also very good in chase of hoarseness.

39. Scallion:

Scallions are very good to help cancel meat poisons. Both raw and lightly cooked scallions will also bring the body temperature up by improving the blood circulation. They also stimulate digestion. A quick way of obtaining this effect is also by making miso scallion broth (No. 103).

103. Miso with Scallions

1 Cup chopped scallions

1 Tbsp. miso

1 Tbsp. water

1 Tbsp. sesame oil

Sauté the scallions in oil. Puree miso in suribachi with water. Add miso to scallions and gently mix. Place on a low flame for 5-10 minutes. Serve a small quantity of this condiment with rice or noodles.

105. Tekka:

The word TEKKA is derived from the words tetsu, “iron” and ka, “fire.” This condiment is received this name because it is prepared by long time roasting on a low fire in a cast iron frying pan. Tekka can be bought ready-made, but it is even more delicious when prepared at home.

½ cup sesame oil

2/3 cup finely minced burdock

¼ cup finely minced carrot

1/3 finely minced lotus root

1 tsp. grated ginger

1 1/3 cups hacho or mugi miso

Mince the vegetable as finely as possible. Heat a cast iron skillet, and add ¼ cup oil. When the oil is hot, sauté the burdock for a few minutes until it’s bitter smell is gone. Then add the carrots and sauté them, then the lotus root, and finally the ginger. Mix all vegetables well. Add the remaining oil, stir well, add miso and mix everything thoroughly. Reduce the flame to low and cook for 3-4 hours, stirring frequently, until the mixture is black, completely dry and powdery. (Traditionally, the preparation of tekka took 16 hours.) Stirring frequently is absolutely necessary, as the ingredients can never be burned. Store the preparation in a jar. Real tekka is very yang and thus it should only be used in small amounts.

- Tekka helps to strengthen weak blood.
- If you are tired, use a tea spoon of tekka sprinkle on grains, oatmeal or bread, or put some tekka inside a rice ball. This only can make you strong.
- In particular tekka strengthens the heart, when it has been weakened by the over consumption of yin items.
- It is also helpful to cure asthma and diarrhea.
- Dissolved in Kuzu drink (No. 242 or 244), it can easily relieve migraine headaches.

106. Nori Condiment:

Boil several sheets of nori in ½ cup of water, and simmer until most of the water boils down, leaving a thick paste. Add some tamari soy sauce and continue simmering a few minutes, the condiment should taste only slightly salty.

Nori condiment stimulates appetite and good digestion. It supplies a variety of minerals, and thereby also helps clean our blood.

107. Shio-Kombu Condiment:

Soak kombu until it becomes completely soft. Cut it small squares from ½ inch to 1 inch size. Prepare about 1 cup of this. Add the pieces to ½ cup of water mixed with ½ cup of tamari soy sauce. Soak this overnight. Bring everything to a boil, lower the flame and simmer until the Kombu is soft. Then remove the lid and continue simmering until all liquid is evaporated. Do not forget to stir from time to time. Store this Shio-Kombu in a covered jar. Only use 1-2 pieces of shio-kombu per meal. You can put a square piece of shio-kombu inside a rice ball.

This condiment is particularly recommended in cases of varicose veins, hemorrhoids, or other vascular diseases.

108. Goma-Wakame:

Roast wakame in a hot oven (350 degrees F.) for 10-15 minutes, until it becomes dark and crisp. Let it cool and then crush it to a fine powder in a suribachi. Wash sesame seeds. Roasts the seeds in a skillet, in the same way as has been described under the preparation of gomashio (No. 101). Let the seeds cool down. Put the seeds and wakame powder in a suribachi. Grind both ingredients together until 80 percent of the seeds are crushed.

Portion of sesame seeds and wakame:

- 5 parts seeds to 1 part wakame: for children, for elderly people, for yang persons or in warm weather.
- 3 parts seeds to 1 part wakame: this is a balanced average proportion for adults.
- 1 part seeds to 1 part wakame: use this in case of yin conditions, or of you want to become yang.

111. Umeboshi as Such:

You can eat a fresh umeboshi as such, or soak it in some hot water or hot bancha tea and then eat it. Or you can put pieces of umeboshi in rice balls. Use umeboshi in any if these ways especially in case of:

- over acidity of the stomach
- intestinal problems
- tiredness
- or after consuming a harmful food as sugar

112. Baked Umeboshi (Carbonized Umeboshi):

Bake several umeboshi in the oven under the broiler until their outer surface turns black. Crush the baked umeboshi meat to powder. Take some of this powder with a table spoon of hot water or

bancha tea. The traditional process to make carbonized umeboshi went as follows:

Put several umeboshi plums in an earthenware pot (such as a flower pot which has no hole in its bottom). Cover the pot and put it on the fire for a half hour. Black smoke will escape during the roasting process. When no more smoke appears, the carbonization has ended. You will find a thick black tar at the bottom of the pot. This genuine carbonized umeboshi.

Baked umeboshi is helpful in the following circumstances:

- Colds: take some carbonized umeboshi with some hot water
- Diarrhea. In case of sever diarrhea, add some carbonized umeboshi to Kuzu cream (No. 244). (For babies it is preferable to give Kuzu cream with carbonized Kombu-No. 19.)
- Stomach ulcer
- Intestinal tuberculosis
- Intestinal cancer

114. Ume-Sho-Ban:

Crush the meat of one umeboshi. Add ½ teaspoon tamari soy sauce to it. Add boiling bancha tea (½-1 cup, according to individual taste). You may also add several drops of ginger juice. Stir well and drink. This preparation is not suitable for babies and children: better give them umeboshi-Kuzu (No. 245), or Ume-Sho-Ban without ginger and with less tamari sauce.

This drink is helpful in case of:

- Headache caused by excessive consumption of yin foods
- Stomach trouble (nausea, lack of appetite)
- tiredness
- anemia, weak blood and weak circulation
- intoxication by carbon monoxide

119. Umeboshi Tea:

Boil the meat of 1 umeboshi for ½ hour in quart of water; strain and if necessary dilute with more water. If you drink this as a cool drink in the summer, it is very refreshing.

121. Shiso Tea:

Soak the pickled leaves in water, and then boil them in water or tea. Use this in case of food poisoning, especially when caused by eating fish.

122. Ume Vinegar Drink:

Drink on “sake” cup of Ume vinegar. If this is too strong, mix 1-2 teaspoons of Ume vinegar in 1 cup of hot water and drink this. This will stimulate digestion, and it is particularly indicated in cases of intestinal bacterial action (typhoid, dysentery, any putrefaction).

If we boil down Ume vinegar for a long time, we will obtain a thick liquid which is a very powerful aid in coping with any digestive trouble or toxic condition. Just take a teaspoon of it, or mix the same amount with some hot water. In our experience this is a much stronger medicine than any drug available in drugstores. Stomach troubles or dysentery or any other intestinal problem, especially when they arise while traveling, can be eliminated within two or three days if we take every day a small quantity of this medicine (perhaps 2-3 ½ cups per day)

124. Rice Vinegar:

As a home remedy, rice vinegar can be used in the same way as Ume vinegar (see No. 122). It is useful in the same circumstances, and will also help eliminate protein and fat.

204. Ryoku-Cha (Green Tea):

Green tea is more yin than the previously mentioned teas. It should not be boiled. Place ½

teaspoon of tea into a ceramic tea pot. Pour 1 cup of hot water over the tea and steep it for 3-5 minutes. Strain. This tea helps to dissolve and discharge animal fats and to reduce high cholesterol levels

205. Mu Tea:

The word Mu has several meanings: it can mean “nothing,” or “emptiness,” and also “unique.” Mu tea was developed by George Ohsawa, based on traditional Oriental medicinal herbal drink for women’s diseases. It is composed of a combination of 16 plants and wild herbs: Japanese peony root (*Paeonia lactiflora*), Japanese parsley root, hoelen (*Poria cocos*), Chinese cinnamon, licorice, pease kernels, ginseng root, Chinese foxglove (*Rhemannia glutinosa*), ginger root, mandarin peel, *Cnidium officinale*, *Atractylodes*, *Cyperus*, cloves (*eugenia caryophyllata*), moutan (*Paeonia moutan*), and *Coptis*. Although the drink is a combination of yin and yang ingredients, as a whole it is a yang composition. A less yang Mu tea containing only nine of those plants and more or less similar to the original herbal drink has also been made available.

Preparation and Use of Mu tea:

1) For healthy people: Boil the contents of one tea bag (you may open the bag) for 10 minutes in 3 cups of water. This tea is good to relieve tiredness, to become more yang and to lose weight.

2) For sick people: Boil the contents of one tea bag in 3 cups of water for 30 minutes (boil for the first 5 minutes, then simmer for 25 minutes). Boil until only 1½ cups of tea is left. That is the serving for one person per day. This tea may be reheated.

Yin sick people can take this tea every day for 1-2 weeks, especially when they are suffering from:

- Troubles of the digestive system, such as a weak stomach
- Troubles of the respiratory system, such as coughing caused by yin
- Troubles of the reproductive organs, such as menstrual cramps or irregular menstruation
- Yin sanpaku (the whites of the eyes showing below the iris).

206. Sho-Ban or Tamari-Bancha:

Put one to two teaspoons of tamari soy sauce in a cup. Pour hot bancha over it, stir and drink it warm. This tea will have a strengthening and refreshing effect on acidic blood (acidic blood can be caused by exhausting activities, but also by eating sugar or animal foods). Sho-Ban also activates the circulation. Sho-Ban can also beneficially be used in cases of:

- Stomach troubles (in particular stomach ulcer, stomach acidity and indigestion)
- Intestinal cramps, gas formation
- Menstrual cramps
- Carbon monoxide intoxication
- Rheumatism

Take 1-2 cups of sho-ban per day until relief is obtained, but do not continue this for 3-4 days or more. If you add a little grated ginger to this drink, it is particularly effective in cases of stomach troubles, nausea and gas formation.

207. Gomashio-Bancha

: Add a cup of bancha to a teaspoon of gomashio, and stir well. Use this drink in the same way as sho-ban. It has the same effects as tamari-bancha. Use it in case of digestive troubles such as gas formation and stomach or intestinal cramps. It also helps relieve tiredness in the summer, and is useful in dealing with troubles arising after eating foods containing sugar.

209. Ran-Sho:

Ran means “egg,” Sho means “fermented liquid” or “soy sauce.”

Preparation: This remedy is prepared from two ingredients: an organic, preferably fertilized egg, and tamari soy sauce. They are mixed in a proportion of 2 (up to 4) parts egg to a 1 part tamari soy sauce. Break the egg and beat the yolk and the egg white together. (Sometimes only the yolk is used to prepare ran-sho.) Add about one tablespoon of soy sauce to the egg. The traditional way to determine how much tamari soy sauce should be added was as follows: take the half shell of the broken egg, and fill it half full of soy sauce.

Now mix these ingredients very, very well, beating for several minutes.

Purpose and Effect: This preparation is very yang. Egg as well as soy sauce are very yang foods. The purpose of ran-sho however is not to supply egg, but to provide quickly a large amount of tamari soy sauce in a form which is harmless and which will be easily absorbed by the body. For this reason it is necessary to add a large amount of protein (in the form of an egg) to the tamari soy sauce.

This mixture has a very strong effect. Therefore we should use ran-sho only in special, extreme circumstances. Specifically, it will strengthen the heart when it has become weak by an over intake of yin substances (sugars, fruits, alcohol etc.)

Indications:

1) You can give ran-sho to people showing signs of acute heart weakness caused by yin products, and who have a rapid and weak pulse. Do not give it in case of mild heart troubles, such as extrasystoles or irregular beating.

Also do not give it to people with heart troubles produced by a yang cause. In that case the cheeks or the ears look red, and usually there is a strong pain in the chest area. In such cases give warm apple juice instead or put a daikon plaster on the heart area.

Do not give this preparation more than once per day, and not more than three days in a row.

2) You can give ran-sho to yin people in a near-death state. At the time they will usually show a marked yin sanpaku condition (this means that the pupils of the eyes are pointed upward, so that a lot of the sclera, the white part of the eyes, becomes visible under the iris). Give the preparation teaspoon by teaspoon, otherwise its effect may be too sudden.

You can repeat this treatment two or three times during the same day. You will notice that it has a very strengthening effect.

210. Rice Tea - Rice Coffee:

Wash the rice with cold water. Then roast it in a skillet, stirring constantly. Roast it to a golden yellow color for making rice tea, and to a darker, brown color to make rice coffee. Add 10-12 portions of water to 1 portion of rice. Bring this to a boil, reduce the flame and let the team simmer (uncovered) for 15-30 minutes. Add a pinch of sea salt while it is boiling. Strain rice to other dishes, such as soup. In the wintertime add a drop of tamari to a cup of tea before serving it. This tea is good for a baby with a fever. However, do not add salt or tamari in this case.

For adults it is an excellent drink for everyone, especially in the summertime, as it helps to normalize the body temperature. It can be served in any case of sickness, and it is particularly good for constipation, diarrhea or chronic headaches.

215. Daikon No.1 or Radish No. 1

Ingredients and Preparation

3 Tbsps. Grated daikon or radish
¼ tsp. grated ginger

1 Tbsp. tamari soy sauce (or ¼ tsp. of sea salt)
2-3 cups hot bancha

Mix the first three ingredients together. Pour hot bancha over this mixture, stir well and drink it warm. Try to drink as much as possible. After drinking this tea, go to bed or wrap yourself in a blanket.

Effects and Indications:

- This tea will make you sweat, and by inducing sweating it will lower fevers
- It is also good if we feel poisoned from eating meat, fish or shellfish
- It is also useful in cases of appendicitis

Warnings:

- Children should only drink a ½ cup of this drink.
- Do not give this preparation to very yin persons. This drink is especially suitable for strong and healthy people who have fevers caused by a cold or by eating some extreme food (meat, sugar, etc.).
- Do not take this drink more than three times per day, and better only once or twice, because it is strong.

Alternatives for this drink:

- Boil edible mushrooms or shiitake mushrooms in bancha. Add some grated ginger and some tamari soy sauce or sea salt, and drink the liquid.
- Mix apple juice with an equal amount of water, and add 2-3 drops of lemon juice. Keep the body warm after drinking this. This is especially good for lowering fevers.

216. Daikon Drink No. 2 or Radish Drink No. 2:

Grated a half a cup of daikon or radish, and squeeze out its juice through cheesecloth. To 2 tablespoons of juice add 6 tablespoons of hot water. Also add some tamari soy sauce or sea salt. Bring this mixture to a boil, let it simmer for a maximum of one minute, then drink. This preparation is less yin than Daikon Drink No. 1. It is specially used to induce urination, and can therefore relieve swollen ankles or feet. Take this preparation once a day or every two days, and do not use it more than three times in a row.

218. Shiitake Tea: Shii means: "oak," Take means "mushroom."

A shiitake is a mushroom (*Citronellas shiitake*) growing on oak logs. (See Fig. 13) Shiitake mushrooms are available in dried form. Soak one mushroom for an hour, or until it is soft. But in quarters, add 2 cups of water, and bring to a boil with a pinch of sea salt. Simmer for about 10-20 minutes, until 1 cup of tea is left. Drink only a half cup at a time.

Indications:

- Shiitake tea eliminates the so-called "old" salt: therefore it is good for people who have taken too much salt (meat, or other salty foods, or salt itself), and it is helpful for yang persons suffering from high blood pressure.
- Shiitake helps dissolve and eliminate cholesterol. Therefore it is good for people who took too much cholesterol.
- Shiitake is helpful in cases of light chronic coughing. But do not give this to very yin persons (such as persons who cannot stand the cold, whose hands and feet get cold easily, etc.).
- For fevers. However, in this case it is preferable to use Daikon-Shiitake-Kombu Drink

(No. 210)

-Shiitake relaxes an overly tense, stressful condition. Use only one mushroom per person per day, as this is very yin plant.

219. Daikon-Shiitake-Kombu Tea:

Soak 2 shiitake mushrooms and a 3 inch piece of Kombu for a half hour. Add ¼ cup of grated daikon and then add 2 cups of water. Bring this to a boil and simmer for 20-30 minutes. Take only half of this preparation at one time. This can be used to lower fevers.

220. Miso-Scallion Drink:

Chop fresh scallions and add the same volume of miso to it. Add hot water and stir. This drink activates the circulation and produces sweating. Use it when a cold starts (that is to say, when feeling chilly or shivering, and when coughing or headache begins). Drink it and go to bed.

221. Ginger Tea:

Boil 3-5 grams of ginger to make a tea. This tea is good to strengthen the stomach. Particularly when it has been weakened from eating animal food, or oily or greasy foods. Ginger tea is also good in case of asthma, colds, shivering, diarrhea caused by cold foods or intestinal cramps caused by icy foods. Ginger tea accelerates the blood circulation.

222. Lotus Root Tea:

Preparation: This tea is most effective when it is prepared from fresh lotus root. However, the root is not available all year round, and in that case we can use dried lotus roots or lotus powder.

-Preparation from the fresh root: Grate a 2 inch piece of lotus root. Squeeze out its juice through a cheesecloth. Add 2-3 drops of ginger juice, made from fresh ginger root, or add 1 gram of ginger powder. Then add a pinch of sea salt or a few drops of tamari soy sauce. Now add an equal amount of water, and boil this combination for a few minutes.

-Preparation from dried lotus root: Boil ½ ounce (about 10 grams) of dried lotus root in 1 cup of water for 12-15 minutes. Add 2-3 drops of ginger juice (or 1 gram of ginger powder) and a pinch of sea salt or some tamari soy sauce.

-Preparation from lotus powder: Use one teaspoon of lotus powder per person per serving. Add it to a small cup of water, together with a pinch of sea salt and 2-3 drops of ginger juice (or 1 gram of ginger powder). Heat this on a low flame, and turn off the heat when it begins to boil.

Effects and Indication: Since times lotus root has been known to have an influence on the respiratory system: it helps to dissolve and eliminate excess mucus in this area. Therefore it can be used in the following cases:

-Coughing, colds

-Sinus problems: congestions, infections

-Lung problems: bronchitis, asthma, whooping cough

For a nursing baby who is affected by whooping cough or another type of cough, the mother should take the lotus root tree.

223. Lotus Root Stem tea:

This tea is made from the connection sections between the swollen parts of the lotus root. Chop some of these connecting stems. Boil about 1 tablespoon of it into a tea. This tea will help shrink broken vessels, and therefore it is particularly useful in the case of stroke.

236. Flax Seed Tea:

Prepare this tea in the same way as sesame seed tea. This is a mildly yin drink. A tea brewed from flax seeds can be used in case of: asthma, coughing, arthritis, rheumatism, uterine bleeding or excessive menstruation. It also works as a slow laxative, and it eases giving birth by relaxing the mother.

237. Azuki Bean Juice:

Boil in a regular pot (not in a pressure cooker) ½ cup of adzuki beans with 2 ½ cups of water and a 2 inch piece of kombu. Do not stir the beans. After about 1 hour the beans should be soft. Pour off their juice. Drink a cup of this juice, to which you may add a pinch of sea salt. This will stimulate the production in case of nephritis (kidney inflammation), and then as your only drink. Do not discard the beans: add a little more water and some sea salt. And cook them for another 5-10 minutes. Azuki beans are excellent in case of kidney diseases, and also for diabetic patients.

238. Black Bean Juice:

Combine one tablespoon of well-washed black soybeans with 2 quarts of water. Bring to a boil, then simmer until only 1 quart of water remains. Add sea salt and boil another 5 minutes. Strain. Drink a small cup of this juice 3 times per day. Black bean juice is helpful in cases of constipation caused by taking refined foods. It can also be used to eliminate any animal quality fats and proteins, or to neutralize an over salty condition. Also helpful to quiet down emotional hyperactivity.

239. Kombu Tea:

Boil a 3 inch strip of kombu in a quart of water for 10 minutes. This tea strengthens the blood. Also it can help to clean out all animal fats and proteins. It has a restoring effect on the nervous system: it calms down and restores thinking clarity.

242. Kuzu Tea:

This tea has been used for hundreds of years in Japan. Dissolve one teaspoon in a prepackaged form, consisting of 80 percent kuzu and 20 percent wild herbs, boil one tea bag in ½ quart of water until ¼ quart is left. Kakkon tea can be used in the same situations as kuzu-tea.

245. Umeboshi-Kuzu- and Ume-Sho-Kuzu:

These preparations are only different in the fact that the ume-sho-kuzu contains tamari soy sauce. Dissolve a large teaspoon of kuzu powder in two tablespoons of cold water (add the water a little at a time). Crush the meat of one umeboshi. Add 1 ½ - 2 cups of water to these ingredients and bring to a boil. Add 5-6 drops of ginger juice (or some grated ginger or some ginger powder). Boil the preparation gently until it is more or less transparent. Add 1-3 teaspoons tamari soy sauce (optional) and boil the preparation a little longer. Serve immediately.

This can be used in cases of:

-Weakness, lack of vitality

-Colds

-Stomach or intestinal troubles. In particular, use it in cases of diarrhea: use 1 cup at a time, 2-3 times per day, until the diarrhea has stopped.

Whether or not tamari soy sauce is added, and how much is used, depends on age, situation, seriousness of the symptoms, etc.

246. Ame-Kuzu (Grain-Sweet Kuzu):

Dissolve one teaspoon of kuzu in one cup of water. Add one teaspoon of ame (rice honey, rice syrup) or barley malt. Heat this on a medium flame until the boiling point is almost reached, then

simmer for 5-10 minutes on a low flame. Stir regularly. Drink this warm. This can be used by persons with an overly yang condition caused by eating too much salt or animal foods.

247. Apple Juice-Kuzu:

Add ½ cup of water to ½ cup of apple juice (preferably freshly prepared, by squeezing a grated apple). Boil this slowly with 1 teaspoon dissolved kuzu powder, and stir regularly until the preparation thickens. Add a pinch of sea salt.

This can be used in the following cases:

- To stimulate appetite
- To lower fever
- To induce a softer bowel movement
- To calm down hyper motility

248. Lotus-Kuzu Tea:

Prepare Lotus Tea (see Nos. 222,223), then add 10-20 percent kuzu. Use this in case of colds or influenza accomplished by fever and/or troubled stomach or intestines. Kuzu lowers the fever, heals the stomach and intestines, and also improves the taste of lotus tea.

250. Ume-Sho-Ban (See No. 114)

Umeboshi-Kuzu (See No. 245)

Ume-Sho-Kuzu (See No. 245)

255. Hot Apple Juice:

Heated apple juice can be given in case of problems caused by a consumption of too many yang products.

-The consumption of too much meat, eggs, or cheese can for example cause arteriosclerosis of the vessels of the heart, which can lead to a heart attack.

-When for too long a period people have taken too much sea salt, gomashio, tamari soy sauce, etc., or roasted, baked and deep-fried foods, they may start to show symptoms of yang sickness. For example:

- A lack of appetite due to liver-gallbladder disorders
- Intestinal constipation
- A lack of good blood circulation

In such occasions use 1-2 cups of heated apple juice per day. Continue this for only 1-2, or at most, several days.

303. Kinpira:

The word KINPIRA means “golden peace” or “precious flattened pieces.” KIN means “gold,” PIRA means “flat,” “tranquil,” or “peace.”

Lightly brush sesame oil in a skillet and heat it. Place equal amounts of burdock and carrots, which have been cut into matchsticks or shaved, into the skillet and add a pinch of salt. Sauté for 2-3 minutes. Add some water to lightly cover the bottom of the skillet. Cover cook on a low flame until the vegetables are 80 percent done. This can take up to one hour. Add several drop of tamari sot sauce, cover, and cook for several minutes more until the vegetables become tender. Remove the cover and cook until all the excess liquid is gone.

This dish is useful in case of tiredness, indigestion, anemia, skin disease, or any excessively tin condition. It can be eaten in small amount, often.

501. Ginger Compress or Ginger Fomentation:

See pages 118-124 in Macrobiotic Home Remedies. If unable to find, then please come to the

clinic to get a photo copy.

505. Mustard Plaster:

This is a traditional remedy in the Orient, as well as in our Western regions. It can serve as a good replacement for a ginger compress.

Ingredients and Utensils:

- Mustard seeds or mustard flour or plain mustard
- White flour
- A suribachi or a mortar and pestle
- Paper towels or, mess preferable, wax paper
- Two cotton bath towels

Preparing a Mustard Plaster: Crush enough mustard seeds to obtain a handful of mustard powder; or use a similar amount of mustard flour or plain mustard. When treating children, you should add an equal amount of white flour. Now slowly add warm water, while stirring in one direction (this is important in this case!). You should obtain a thick cream which is neither too wet nor too dry.

Cut a paper towel or a piece of wax paper, twice the size of the area to be treated, and fold it in half. Spread mustard paste on one half of the paper. Fold the other half on top of it, then fold the edges of the paper to prevent the paste from leaking.

Applying a Mustard Plaster: Cover the area that is going to be treated with one cotton towel. Put the mustard plaster on top of that towel. Cover the plaster with the second towel, which has been warmed up. Do not put the plaster directly on the skin, unless the paper is very strong: if the mustard leaks through it can cause nasty blisters and burns.

When you apply this plaster on yourself, you won't notice anything in the beginning. But after a while you will start to feel the plaster becoming hotter and hotter. This is because mustard particles start to penetrate through the towel. Keep the plaster on until its heat starts to feel uncomfortable: this usually takes about 10-20 minutes. Then remove the plaster. You will see that the skin is now red and warm. Almost as if burned. To rinse, gently pat the skin with a towel dipped in warm water. Do not rub the skin: this would hurt, and it could even rupture.

Purpose of Mustard Plaster: Mustard stimulates the circulation of blood and liquids in the organs or tissues treated by it, and it dissolves stagnations.

Indications:

- This is very good such as bronchitis, mucus accumulation in the lungs, coughing, and asthma. In this case the plaster can be applied simultaneously or alternately on the chest and on the lung area on the back.
- For dissolving hardness in the shoulder or neck area: in this case the blood circulation is stagnated in these muscles.
- Rheumatic pains can be relieved very effectively.
- It is also very good to relieve menstrual cramps.

Frequency:

- For acute troubles: 3-4 times per day
- For chronic troubles: the same as for the ginger compress. Apply this plaster preferably before going to bed.

Comments: This plaster can be used for small children, and is actually safer than a ginger compress for them. This plaster is much milder and much more comfortable, but it still has good effectiveness.

The only warning to be stressed here is that you should avoid burning the skin. This will not happen if you apply the plaster as described. If by an inaccurate way of application burns should arise, treat them with olive oil.

506. Taro Plaster:

See pages 130-132 in Macrobiotic Home Remedies. If unable to find, then please come to the clinic to get a photo copy.

508. Chlorophyll Plaster

Ingredients and Utensils:

-Green leaves. For this plaster daikon leaves are thought to be the best, but you can use any kind of large green leafy vegetables, such as cabbage, Chinese cabbage, turnip greens, radish greens, spinach, dandelion leaves, etc. (it is best not such as leeks).

-White flower

-Suribachi with pestle

-Cheesecloth or paper towel

Preparation and Application: Chop the leaves and crush them to a paste in a suribachi. You can add 10-20 percent flower to this paste. Spread this paste on a cheesecloth or on a paper towel, into a layer about ½ inches thick. Apply the paste directly to the skin and leave it on for 2-3 hours.

Effects: The yin quality of the green leaves can absorb yang heat very well. It can also soothe or extinguish an inflammatory process (yang). If we compare the effectiveness of different plasters to extinguish fevers, we would arrange them as follows, from stronger to weaker (although all of them are effective):

-Carp plaster

-Tofu plaster

-Taro plaster

-Chlorophyll plaster

Carp plaster, however, works so strongly that we only use it in very specific circumstances (see No. 518). Although a chlorophyll plaster has a weaker effectiveness to extinguish fevers, it is still better than an ice pack or a cold water pack.

Indications:

-For reducing any high fever, we can apply this plaster on the forehead. If we want it to be more effective, we should also apply it at the side of the head (above the ear), at the back of the head and on the neck.

-For treating any inflammation, when tofu or taro potato available.

509. Daikon Plaster or Turnip Plaster

Preparation and Application: Grate 1/3 of a daikon or an equal amount of turnip. Do not use the juice. Apply this grated root directly on the area to be treated, and leave it on for 15-30 minutes. Then renew the plaster.

Effective and Indications: This plaster has a cooling effect which is about as strong as the

effectiveness of ice. Apply this plaster in particular on bruised areas. It will not only cool down the pain, but any internal bleeding will quickly be cleaned up. For a large bruise, repeat the treatment several days in a row.

510. Carp Plaster:

This plaster has traditionally only been used for a particular purpose, namely in the treatment of acute pneumonia with a life threatening fever. Its ability to reduce fever is far stronger than the Carp plaster can be used to reduce very high fevers of any origin. It should not be applied however in case of mild fevers, because this would not only be wasteful, but could also cause damage.

Preparation: You need a carp (see Fig. 10) about one pound in weight. If you can get a live carp, try to collect its blood before crushing the carp into plaster. Kick it unconscious. Remove its head and collect the blood in a cup. Then wrap the carp in a cloth and crush it with a hammer as if you were crushing ice. If you have a dead carp, do not use its blood.

Application: Have the patient drink the carp blood, but only in a very small quantity: for an adult only ½ of a sake cup of at a most 1 sake cup, for children ¼ of a sake cup or less. The blood should be drunk as it is. Before it coagulates.

Apply the plaster to the chest, if possible on the back as well as on the front, because this feels too cold. Instead, leave the crushed carp in the cloth.

This plaster makes the body temperature drop very quickly. It is necessary to take the temperature every 15-20 minutes, and to remove the plaster as soon as the temperature reaches 98 degrees F. It may take 1, 3 or up to 6 hours to reach this, and sometimes another fresh plaster may need to be applied before the temperature drops sufficiently.

Effect: If we examine the nature of the carp in terms of yin and yang, we must conclude that it is very yin fish. Not only because it lives in fresh water, and because it is a large fish that moves slowly, but especially because it lives in the mud and needs very little oxygen. The more yang an animal, the more it needs oxygen (yin)

A very high fever is of course very yang. No wonder then that carp blood is so effective in reducing fevers. This fact has been known for thousands of years in the Orient.

Warnings:

- Do not drink the blood of a dead carp.
 - Do not apply this plaster on the heart area.
 - Do not let this plaster cool down the body temperature below 98 degrees F.
- If this would happen, another dangerous situation would arise.

If used correctly though, this plaster can save lives and does not give the side effects if antibiotics or other drugs.

Alternatives: Carp plaster is unique and cannot be replaced completely, but a milder degree of its effects can be obtained by:

- A plaster made from any large yin fish, especially a fresh water fish
- A plaster made from yin meat: use raw fatty meat, such as hamburger, while it is very cold from being stored in a freezer
- Taro plaster, tofu plaster, chlorophyll plaster, ice pack.

802. Sesame Oil with Ginger (Ginger-Oil):

Great enough fresh ginger to press out 1 teaspoon of juice. Mix this with an equal amount of sesame oil. Shake well before using it. If this mixture causes a burning feeling, you can reduce

the amount of ginger juice: use for example 10 drops of juice for a tablespoon of oil. This mixture activates the blood circulation.

Ginger-oil can be used as a rub in the following cases:

-Falling out hair and dandruff. Comb the hair in a part, dip a cloth into the mixture and rub the scalp briskly with this cloth. Comb another part a ½ inch from the original one, rub the scalp, and proceed as above. Do this treatment twice a week.

-Pains and Aches. It is especially good for muscular rheumatism, arthritis, neuralgia (such as facial neuralgia). If this treatment is used after applying ginger compresses, it can prolong the results of the compress. It is also very good for relieving headaches: dip a cloth in the oil, and rub the forehead with it.

Ginger-oil can also be used as drops in the case of a mid ear infection: putting one drop in the ear tube can calm down the inflammation.