

Chilli Beans + Pearl Barley Beans



Main Herbs	Chilli Beans(Hong Dou) + Pearl Barley Beans (Yi Mi)
Dosage	9 grams of each (Ratio: 1:1) They are food and herbal medicine as well.
For	Dampness in the body Symptoms: Loose stool, greasy tongue coating, heaviness or/and aches all over body, especially on legs. Abdominal bloating, headache, overweight, lots of phlegm. Fungus (ringworm) on feet, hand and face.

Modifications

	Symptoms Combine with	Adding or Subtracting
1	Dim face, lethargy, even palpitation, drowsy, empty-mind feeling.	Add: Gui Yuan (Longan)
2	Irritability, insomnia, red rashes on face, acne, etc.	Add: Bai He Lily's root), Lian Zi (lotus seeds)
3	Cold and painful abdomen, poor appetite, aversion to cold.	Add: Raw Ginger
4	Kidney deficiency (symptoms: lower back and knee pain/ache, frequency urination, clear urine, low libido, poor sexual performance, ear ring, etc.)	Add: Black Beans
5	Beri Beri	Add: Soy Beans
6	Cough	Add: Pear
7	Poor appetite, weak and skinny	Add: Shan Yao (Yam)
8	Diarrhea, abdominal pain, diabetes	Add: Pumpkin
9	Weakness premature ejaculation, nocturnal emission, frequency urination at night.	Add: Qian Shi
10	Pregnancy women.	Subtract: Pearl Barley Add: Others
11	Women after delivery	Subtract: Pearl Barley . Add: Da Zao + Red/brown Sugar

Best Medicine is Food.

Best Healer is Yourself.

Preparation Method

- ❖ Rinse dirt off, and soak the hard beans overnight(4 hours is ok too).
- ❖ Put the beans and other clean and easy-cook materials into a ceramic pot, add about 3-5 cups of water.
- ❖ Start cooking it on military fire. After it's boiled, turn fire down to low heat to simmer for 1 hour until the beans soft down. You can use a pressure cooker.
- ❖ Enjoy the soup and eat the beans.

Gui Yuan (Longan/Cassia Pulp)



Bai He (Lily Bulb)



Lian Zi (Lotus Seed)



Huang Dou (Soy Bean)



Hei Dou (Black beans)



Sheng Jiang (Ginger)



<p>Shan Yao (Asian Mountain Yam)</p>	<p>Qian Shi (Semen Euryales Seed)</p>	<p>Nang Gua(Pumpkin)</p>
 <p>图片来自: 致富网 www.zhifure.com</p>		 <p>东方女性网 www.eastlady.cn</p>
<p>Pearl</p>		<p>Wheat</p>
		
<p>Gou Qi Zi (Wolfberry Seed/Gouji berry)</p>		<p>Xiao Mi (millet)</p>
		 <p>中国网 chujk.com</p>