

茯神葛根豬骨湯

Soup with Fu Shen, pueraria, and bones

食材功效

茯神：健脾和胃，安神助眠

葛根：清熱解肌，生津止渴

赤小豆：清熱去濕，利水消腫

豬骨：滋陰健脾，強筋壯骨

生薑：疏風散寒，健胃止嘔

蜜棗：滋陰潤肺，味道甘甜

此湯水有安神健胃、生津解肌之功效，對睡眠質素欠佳、肩背肌肉緊張的人士，作為保健湯水飲用更佳。

This soup can calm the mind, strengthen the stomach, produce saliva, and relieve muscles. This soup can serve as a health care drink for people with poor sleeping quality, and tense muscles at the shoulders and the back.

材料

- 茯神 1 兩
- 葛根 1 兩
- 豬骨 1 斤
- 赤小豆 2 兩
- 蜜棗 3 枚
- 生薑 3 片

Ingredients

- Fu Shen 40g
- pueraria 40g
- bones 640g
- small red bean 80g
- 3 candied jujubes
- 3 slices of fresh ginger

作者簡介

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廣州中醫藥大學針灸推拿系碩士。草研中草藥診所及草研醫療保健中心主診中醫師，於福建中醫學院、廣州中醫藥大學及香港中醫師公會畢業，分別在多個義務及公私營機構任職講師及顧問，並曾接受多間電視台訪問，包括無綫電視、新電視、亞洲電視及有線電視等。

- 做法：**
1. 藥材分別洗淨，豬骨汆水；
 2. 把全部材料一同放進煲中，加水 14 碗煲約 2-1/2 小時，加鹽調味即可。

- Method：**
1. Wash all the ingredients; put the bones in boiled water for a short while;
 2. Put all the ingredients into a pot with 14 bowls of water and boil for 2-1/2 hours. Add some salt and done.

貼士 Tips

都市人工作壓力大，休息睡眠時間不足，特別容易出現肩背頸腰肌肉疼痛，尤以睡眠質素欠佳的人，除配合湯水飲用外，還可作適量保健按摩，舒筋活絡，功效更好。

People working in Hong Kong are facing high pressure and lacking of resting and sleeping time. Therefore, pain at the shoulders, back, and the neck, and poor sleeping quality is very common. People with these problems should drink this soup as a health care drink, together with suitable amount of massage to relieve the tendons and muscles.

夏季五汁茶

Tea for Summer with 5 Juices

此茶具有清熱消暑、解渴生津及益氣滋陰功效，最適宜夏天飲用。

材料

- 雪梨 1 個
- 馬蹄 300 克
- 新鮮蓮藕 300 克
- 麥冬 20 克
- 白茅根 15 克
- 水 750 毫升

Ingredients

- 1 pear
- water chestnut 300g
- fresh arrowroot 300g
- ophiopogon tuber 20g
- imperata 15g
- water 750ml

作者簡介

許懿清 (註冊中醫師)

香港浸會大學中醫學及生物醫學(榮譽)理學士、香港理工大學護理學(榮譽)理學士、柏林醫務中心負責人。任職註冊護士及助產士，後來再進修中醫，成為註冊中醫，擅長醫治皮膚、婦科及與容顏有關的問題。長期跟隨著名北京中醫皮膚科及美容科教授學習，並曾在香港浸會大學診所，一同參與臨床診療工作。

- 做法：**
- 1) 將梨洗淨、連皮切開去芯，馬蹄去皮洗淨，蓮藕去皮切件。
 - 2) 將梨及馬蹄一起打成果茸備用。燒滾水後，加入麥冬、蓮藕、白茅根，用中火煮 30 分鐘，隔去渣滓後將果茸拌勻一同飲用。

- Method：**
- (1) Wash the pear, get rid of the pits but save the skin, and cut into pieces. Wash the water chestnuts and peel off the skin. Wash and peel off the skin of the arrowroot, and cut into blocks.
 - (2) Blend the pear and water chestnuts into paste and save for later use. Boil water and put the ophiopogon tuber, arrowroot, and imperata in. Boil for 30 minutes with medium fire. Filter the scum and put the pear and water chestnuts paste in. Stir a while and drink.

貼士 Tips

盛夏暑熱，經常出汗，故可適當飲用一些冷飲，幫助身體散熱，補充水分、鹽分和維他命，達到清熱解暑的作用。西瓜、綠豆汁、赤小豆湯均是清熱解暑佳品，但切忌暴吃生冷。

We always sweat during the hot summer. So we can drink suitable amount of cold drinks to help release the body heat, supply water, salt and vitamin to clear heat and reduce summer heat. Watermelon, green bean juice, and small red bean soup are all good for this purpose. However, we should avoid eating too much raw and cold food. ★星島