

Food Cures for Boils and Pimples

When we have boils and pimples, it is because we have too much heat in the blood and it needs to be released. Teenagers, because their bodies are growing and the hormones changing so rapidly, often have attacks of acne. The first thing one can easily do is to stop eating oily and deep fried foods and also dried foods. So this means no French Fries, potato crisps and all the other dried food snacks that teenagers love.

Deep fried foods create a lot of heat in the body and it is hard for the body to release this heat quickly, so it will create pimples to help. Dry foods, like dried fruit and snacks, also dehydrate the body. If the body does not have enough internal lubrication, this affects and can stagnate the Qi, also causing pimples and boils.

It is very common in southern China and Hong Kong to find tea stalls selling bitter teas of all sorts. Some are traditional family recipes while others are patent remedies that one can buy and boil at home. These bitter teas are more effective and faster acting than the sweetened remedies like Chrysanthemum Flower Tea. Another remedy is a black jelly made from dried turtle shell. This bitter jelly is then eaten cold or hot with a sugar syrup poured over the top.

There are many, many recipes and foods for clearing internal heat that you can make at home as well. One of my favourites is Luk Dou Sa – Mung Bean Soup. It is simple to make and nice to eat either warm or cold.

Luk Dou Sa

1 - 1½ cups dried mung beans
6-8 cups water
3 Tablespoons brown sugar
1 Tablespoon honey
(Optional: 1 piece of dried tangerine skin (can use ½ fresh tangerine skin)
(Optional: 3 Tablespoons tapioca pearls found in Chinatown shops)

Wash off beans and drain. Add to clean water and bring to boil. Lower to a simmer and add the sugar and honey. Simmer semi-covered for 2 hours while stirring occassionally. You can cool and then refridgerate for eating later over a few days. You can also eat it hot. It is even better the second day after all the flavours have had a chance to develop. The beans should have broken down and opened like flowers and then lose their shape entirely.

Dandelion Stir Fry with Egg

Dandelion Leaves
3 eggs – beaten

Rinse dandelion leaves, allow to drain and then stir fry in a little oil and salt for 2-3 minutes. Take out the leaves and wipe the pan and add some more oil. When oil is hot, add in the eggs and cook till almost set. Then add the dandelion leaves back into the eggs and stir with a pinch of salt. Serve hot.



by Jessica Blackwell