

Soup for Hyperthyroidism Patients

First Soup:

Content / 成份：

生地 1 兩 [Rehmannia glatinosa Libosch / 37.81 gram] ,
麥冬 1 兩 [Ophiopogon japonicus(Thunb)Ker-gawl / 37.81 gram] ,
蜜棗 3 個 [candied date or jujube / 3pcs]

Method / 煲法： Add the above content in bowl and add 1200ml of water. Cook it until 600ml of soup.
Patients need to drink 300ml in morning and 300ml in afternoon.

Quantity / 份量： The above quantity is for 1 person only.

Remark / 注意： This soup is much COLD. Patients are suggested to take it 3 times a month. (Please follow the Chinese Characters there may have mistakes in English version due to translation)

Second Soup:

Content / 成份：

麥冬 5 錢 [Ophiopogon japonicus(Thunb)Ker-gawl / 11.82 gram] ,
玉竹 1 兩 [Polygonatum odoratum(Mill)Druce / 37.81 gram] ,
蓮子 5 錢 [Nelumbo nucifera Gaertn / 11.82 gram] ,
百合 5 錢 [Lily / 11.82 gram]

Method / 煲法： Add the above content in bowl and add 1200ml of water. Cook it until 600ml of soup.
Patients need to drink 300ml in morning and 300ml in afternoon.

Quantity / 份量： The above quantity is for 1 person only.

Remark / 注意： Patients can drink it every day. (Please follow the Chinese Characters there may have mistakes in English version due to translation)