**Medicine in a Cup: This Ginger-Garlic Soup Fights the Cold, Flu and Sinus Infection**

The traditional Chinese medicine believes that each food acts in a different way in the body, despite its unique nutritional value.

We are all different, so you should find a way to recognize the signs of your own body. Therefore, the consumption of proper foods can heal numerous health issues and rebalance the body.

When the weather gets colder, we need to start consuming nourishing, warmer, and building foods, such as warm drinks, soups, and spices such as ginger, cumin, and cinnamon, instead of the fresh, cooling summer fruits and vegetables.

Ginger is one of the most beneficial, warming spices in the Chinese medicine. It deeply warms up the body and is thus perfect for the winter season.

People who are cold all the time, or who belong to the cold pattern, according to the traditional Chinese medicine, experience even worse pains and aches during the winter, especially in the knees and lower back, and have very frequent and pale urination and urges to urinate during the night

. They suffer from looser bowels, are prone to edema and swellings, fatigue, and a running or drippy nose. These people would benefit a lot from the consumption of dried ginger tea, or if they add it this spice to their meals.

People who often suffer from common colds and chills, but not fever, a running nose with clear watery mucus and frequent sneezing, ginger is the real natural miracle! In this case, consume the ginger fresh or raw. Just slice it or grate it and mix it with some raw honey and some lemon.

If you are suffering from a sore throat and thick yellow mucus or fever, do not use ginger, but try peppermint instead.

The ginger soup we are recommending today will do miracles for your health, especially during the season of a wind-cold invasion. Whenever you are feeling the onset of a cold, prepare it and fight it before it progresses!

Ingredients

* 6 cups Chicken bone broth
* 1-2 inch piece of fresh ginger, sliced thinly
* 1-2 garlic cloves peeled and chopped
* 4 green onions, sliced into medium sized pieces

Instructions:

In a pot, add the garlic, ginger, and onions. You can also add some mushrooms. Then, pour a bit of broth, and leave it to simmer until the ingredients are soft. Then, add the rest of the stock and bring to a boil. Lower the heat, and leave it to simmer for 20 minutes.

Use:

You can keep the broth in the fridge for a few days. Sip on this delicious broth throughout the day, and you can even eat the ginger pieces for even better effects.

Avoid using too much salt, but you can freely add some other vegetables, like 4-5 pieces of Astragalus, or some dried or fresh mushrooms (shitake, maitake, etc.) to boost the qi.

Bone broth is incredibly easy to make and just takes a bit of time, but not a lot of energy. If you have a slow cooker that’s great or I would just let my broth simmer on the lowest setting possible on my stove overnight to get the same effect.

Here are some other healthy recipes:

**Organic Chicken Bone Broth**

You can save the bones from a roast or buy some chicken backs and ends at the local butcher. Then, simmer a pound of bones in 12 cups of water and a tablespoon of apple cider vinegar for 24 hours.

Afterward, skim off the fat and oil on the surface, strain, and pour it into a suitable glass jar or freeze it for later use.

**Broth for Vegetarians**

Simmer the ends of your vegetables or some vegetable stock for 8-10 hours and add mushrooms, seaweeds, and miso.

Make sure you add the following to your healthy, natural remedies:

**Garlic**

Garlic has powerful antibacterial and immune boosting properties, and it detoxifies the body, boosts the immune system, helps digestion, reduces swellings, removes carcinogens, and activates the qi!

**Astragalus Root**

It has mild warming properties and strengthens the immune system, helps digestion, treats lung issues, treats a cough and colds, and has amazing Qi (energy) boosting qualities.

**Ginger**

This naturally warming food with a pungent taste treats common colds with chills, soothes digestive issues, like upset stomach, nausea, and appetite loss, and provides numerous health benefits.

**Green Onion/Scallion**

This warm and pungent herb treats common colds, and when combined with ginger, offers intense warming action.

Sources and References:
[livetheorganicdream.com](http://livetheorganicdream.com/delicious-ginger-garlic-soup-fights-flu-common-cold-sinus-infections/)
[theheartysoul.com](http://theheartysoul.com/ginger-soup-colds/)[dailyhealthkeeper.com](http://dailyhealthkeeper.com/garlic-soup-recipe-effectively-fights-flu-colds-norovirus-decreases-high-blood-pressure-cholesterol-levels/)

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