

HOME REMEDIES AND EXTERNAL APPLICATIONS

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HOME-MADE DRINKS

SWEET VEGETABLE DRINK

This drink is good for softening tightness caused by heavy animal food consumption and for relaxing the body and muscles.

1. Use equal amounts of four sweet vegetables, finely chopped (onions, carrots, cabbage and sweet winter squash).
2. Boil four times the amount of water and allow to boil for two to three minutes. Reduce flame to low, cover and let simmer for 20 minutes.
3. You may strain the vegetables from the broth (and use them later in soups or stews) or leave as is.
4. Drink the broth, either hot or at room temperature.

Notes: • No seasoning is used in this recipe.
• Sweet vegetable broth may be kept in the refrigerator but should be warmed again or allowed to return to room temperature before drinking.

CARROT/DAIKON DRINK

This drink helps to dissolve solidified fat deposits existing deep within the body.

1. Finely grate one-half cup each of carrots and daikon. Place in a saucepan.
2. Add one cup of water and bring to a gentle boil.
3. Simmer for about three minutes and add a few drops of shoyu/soy sauce toward the end.
4. Add one-third of a sheet of nori and one-half of a small umeboshi plum, cooked together with the grated vegetables.
5. Eat and drink the vegetables and the broth.

LEAFY GREENS JUICE

To dissolve heavy, stagnated protein and animal fat.

1. Very finely chop two or three kinds of large leafy green vegetables (kale, collards, dandelion, daikon or turnip leaves or Chinese cabbage).
2. Add twice the amount of water.
3. Bring to a gentle boil and simmer for three to five minutes.
4. Add a pinch of sea salt or a few drops of shoyu/soy sauce toward the end of simmering and stir.
5. Drink hot or at room temperature.

Note: You may or may not reuse the leafy green vegetables.

SHOYU/SOY SAUCE BANCHA TEA

To strengthen the blood if an overly acidic condition exists; to relieve fatigue; to relieve headaches due to the overconsumption of simple sugars and/or fruit juice; to stimulate good blood circulation.

1. Place up to one teaspoon of shoyu/soy sauce in a tea cup and pour in hot bancha twig or stem tea.
2. Stir and drink while hot.

UME-SHO BANCHA

To strengthen the blood; to regulate digestion and circulation; to relieve fatigue and weakness; to obtain relief from an overconsumption of simple sugars, fruit, fruit juices, or other acid-forming foods or beverages.

1. Place one-half or one umeboshi plum in a tea cup with one-half or one teaspoon of shoyu/soy sauce.
2. Pour in hot bancha stem or twig tea into the cup and stir well. Drink hot.

UME-SHO KUZU

To strengthen and promote good digestion and to restore energy.

1. Dissolve one heaping teaspoon of kuzu in two to three teaspoons of cold water.
2. Add one cup of cold water to the dissolved kuzu.
3. Bring to a boil over a medium flame, stirring constantly to avoid lumping, until the liquid becomes translucent. Reduce the flame as low as possible.
4. Add the pulp of one-half to one small umeboshi plum, that has been chopped or ground to a paste, to this liquid.
5. Add from several drops to one-half to one teaspoon of shoyu/soy sauce and stir gently. Simmer for 2-3 minutes. Drink while hot.

UME-SHO KUZU WITH GINGER

For the same purposes as ume-sho kuzu but more effective for promoting digestion and for stimulating body warmth.

1. Prepare in the same manner as above, but add one-eighth teaspoon fresh grated ginger toward the end and stir gently.
2. Simmer for one-half minute and drink while hot.

MU TEA

Good for digestive and respiratory functions. Traditionally known to be particularly helpful for female problems.

Mu tea may be purchased in natural food stores. This tea is composed of a combination of 16 plants and wild herbs. Although this drink includes both yin and yang ingredients, on the whole it is a yang drink. A less yang mu tea, containing only nine ingredients, but more or less similar to the original herbal drink, is also available.

UMEBOSHI TEA

This is a very refreshing drink for the summer.

1. Simmer the pulp of one umeboshi for one-half hour in a quart of water (covered with a lid).
2. Strain and, if necessary, dilute with more water. Allow to cool before drinking.

AZUKI BEAN TEA

Good for the regulation of kidney and urinary functions. Helpful for smooth bowel movement.

1. Place one cup of beans in a pot with a one-inch strip of kombu (soaked and finely chopped).
2. Add four cups of water and bring to a boil.
3. Lower the flame, cover and simmer for approximately one-half hour.
4. Strain out the beans and drink the liquid while hot.
5. You may continue cooking the beans longer with additional water until soft and edible.

BLACK SOYBEAN TEA

Good for warming the body and for smooth bowel movement.

1. Place one cup of black soybeans in a pot with a one-inch strip of kombu (soaked and finely chopped).
2. Add four cups of water and bring to a boil.
3. Lower the flame and simmer for 30 to 45 minutes.
4. Drink this dark, slightly sweet liquid while hot.
5. You may continue cooking the beans longer until soft and edible.

LOTUS ROOT TEA

To help dissolve excess mucus in the respiratory system; to ease coughing.

This tea is most effective when prepared from fresh lotus root. However, if fresh is not available, you may use dried lotus root or lotus root powder.

With fresh lotus root:

1. Wash the root and grate one-half cup. Place the pulp in a piece of cheesecloth and squeeze out the juice.
2. Place the juice in a saucepan with an equal amount of water. Add a pinch of sea salt or a few drops of shoyu/soy sauce.
3. Bring to a boil, and let simmer gently on a low flame for 2-3 minutes. Drink this tea, which should be thick and creamy, while hot. You may also add a few drops of grated ginger juice toward the end if your condition permits.

With dried lotus root:

1. Place one-third ounce (about 1/4 cup) of dried lotus root in one cup of water. Let it sit for a few minutes until soft, then chop finely.
2. Return the finely chopped lotus root to the soaking water. Add a pinch of sea salt or a few drops of shoyu/soy sauce.
3. Bring to a boil and allow to simmer gently for approximately 15 minutes.
4. Strain the liquid and drink while hot. You may also add a few drops of grated ginger juice toward the end if your condition permits.

With lotus root powder:

1. Use one teaspoon of lotus powder per person and per serving. Add one cup of cold water per teaspoon of powder and stir to dissolve.
2. Add a pinch of sea salt or a few drops of shoyu/soy sauce. You may also add a couple of drops of grated ginger juice if your condition permits.
3. Heat on a low flame but do not boil. Turn off the heat when liquid begins to simmer. Drink while hot.

LOTUS ROOT AND SHIITAKE MUSHROOM TEA

Helpful to decompose heavy animal-quality fat and mucus.

1. Follow the same steps as in the previous recipe with fresh or dried lotus root.
2. Soak a one to one-half inch diameter dried shiitake mushroom. Chop or slice finely when soft.
3. Add two cups of water (you may include the soaking water from the shiitake mushroom).
4. Bring to a boil, reduce the flame and simmer for approximately seven to ten minutes. Add a pinch of sea salt or shoyu/soy sauce toward the end. Drink while hot.

SHIITAKE MUSHROOM TEA

Traditionally known to reduce fever, to help dissolve animal-quality fat and to help relax a contracted or tense condition.

1. Soak one shiitake mushroom in one cup of water for 20 minutes.
2. When shiitake mushroom is soft, chop finely.
3. Bring to a boil. Reduce flame and simmer gently for 10 to 15 minutes.
4. Add a pinch of sea salt or a few drops of shoyu/soy sauce toward the end. Drink while hot.

Note: For children one year old or under, do not add any seasoning to the tea.

KOMBU TEA

Good for strengthening the blood. Helps to discharge animal fats and proteins from the body. Traditionally known for its calming properties. Aids in restoring the nervous function and in promoting clear thinking.

1. Wipe off a three-inch piece of kombu with a wet cloth.
2. Place the kombu in one quart of water and bring to a boil.
3. Reduce the heat and simmer gently (covered with a lid) until the quantity of water is reduced by half (about 10 to 15 minutes).
4. Drink one cup while hot. You may reheat the remaining tea and drink up to two or three cups a day.

DAIKON DRINK NO. 1

Will help to lower fevers by inducing sweat. Good also to bring relief from poisoning caused by meat, fish or shellfish.

1. Grate about three tablespoons of fresh daikon.
2. Mix the daikon with one-quarter teaspoon grated ginger and a few drops of shoyu/soy sauce.
3. Pour one cup of hot bancha-twig tea or stem tea over the mixed ingredients.
4. Drink as much of the tea as possible while hot.
5. After drinking this tea, go to bed and wrap yourself in a blanket to induce perspiration.

Notes:

- Since this tea is very strong, do not take more than twice a day for one or two days.
- For children, limit the quantity to one half cup per day.
- To reduce fever in babies and young children, it is better to give apple juice, grated apple or a kuzu drink with rice syrup (dissolve one teaspoon of kuzu in two teaspoons of cold water. Add one teaspoon of rice syrup. Bring to a gentle boil over a medium flame while stirring and turn off the flame as soon as the drink has thickened and become translucent.

DAIKON DRINK NO. 2

Good for inducing urination and to relieve swollen ankles and feet.

1. Grate one half cup of daikon.
2. Place daikon in a cheesecloth and squeeze out the juice.
3. To two tablespoons of juice, add six tablespoons of water.
4. Bring to a boil, reduce the flame and allow to simmer gently for a maximum of one minute.
5. Add a pinch of sea salt or a few drops of shoyu/soy sauce towards the end.
6. Drink this preparation once each day or once every two days, for no more than three times in a row.

Dried Daikon Tea

Good for dissolving all fatty substances as well as for headaches in the back and sides of the head and migraines.

1. Combine 1/4 cup dried daikon (cut into 1" pieces), and 1 1/4 cup of water.
2. Bring to a boil, reduce flame and simmer 20 to 25 minutes.
3. After 20 minutes add a pinch of sea salt and simmer 5 minutes more.
4. Strain out dried daikon and drink 1 cup of remaining juice.

EXTERNAL APPLICATIONS AND COMPRESSES

BODY SCRUB

To help activate circulation. To promote clear and clean skin. To help discharge fat accumulated under the skin; to open skin pores in order to promote smooth and regular elimination of any excess fat and toxins. To be done once or twice daily, in the morning and/or at night, before or after a shower or bath, but apart from it.

1. Dip a small cotton towel or cloth in hot water. Wring out excess water.
2. Scrub the whole body, dipping the towel or cloth into hot water again when cool. Include the hands and feet, each finger and toe.
3. The skin should become pink or slightly red. This result may take a few days to achieve if the skin is clogged with accumulated fats.

GINGER BODY SCRUB

The same as above, using ginger water. See the following directions for ginger compress (steps 1–4) as the process is the same. Water left over from a ginger compress may be used for a body scrub.

GINGER COMPRESS

To dissolve stagnation and tension; to stimulate blood circulation.

1. Bring about one gallon of water to a boil.
2. Meanwhile, grate enough ginger root to equal the size of a baseball.
3. When the water comes to a boil, reduce the heat to low, and place the ginger into a double layer of cheesecloth. Tie with a string and squeeze the ginger juice from the cheesecloth sack into the water. (The water at this point should be just below the boiling point.)
4. Place the sack into the pot and allow it to steep in the water without boiling for about five minutes.
5. Dip a towel into the ginger water, wring out tightly, and apply it to the desired area on the body. Cover with a second dry towel to hold in the heat.
6. Change the towel every two or three minutes, replacing it with a fresh, hot towel. This can be done by using two towels and alternating them so that the skin does not cool off between applications.
7. Continue the applications for about 10 to 15 minutes, until the area becomes pink.

Important Note: For people with a serious illness such as cancer, do not use a ginger compress more than once or twice, and for no more than a total duration of four to five minutes each time.

DAIKON HIP BATH

Warms the body; good for women's reproductive organs and for skin problems; aids in extracting body odors due to the consumption of animal foods; draws out excess fat and oil from the body.

1. Dry fresh daikon leaves in a shady place until they are brown and brittle. If daikon leaves are not available, use turnip leaves or a handful of arame seaweed.
2. Place about four to five bunches of dried leaves or handful of arame in a large pot.
3. Add about four to five quarts of water and bring to a boil.
4. Reduce to a medium flame and simmer until the water is brown.
5. Add approximately one handful of sea salt to the pot and stir well to dissolve.
6. Pour the hot liquid into a small tub or bath. Add water until the bath level is waist-high when sitting in the tub.
7. Keep the temperature as hot as possible and cover your upper body with a large towel, to induce perspiration.
8. Stay in the bath for 10 to 20 minutes, until the hip area becomes very red and hot.
9. Keep the hip area warm after coming out of the bath.
10. This bath is best and most effective just before bedtime, but at least one hour after eating.

SALT HIP BATH

Same process as above, using a handful of sea salt in the hot bath water.

DOUCHE

To help eliminate stagnated mucus and fat in the region of the uterus and vagina.

1. Use one quart bancha tea, cooled to body temperature.
2. Add two pinches of sea salt, the juice of one-half lemon or one teaspoon brown rice vinegar or umeboshi vinegar.
3. Stir all together, pour into douche bottle and douche after a hip bath.

FOOT BATH

To help stimulate blood and energy flow and to warm the body.

1. Place a handful of salt in hot water.
2. Immerse feet ankle-high into water for 10 to 20 minutes.
3. A foot bath is best done before bedtime.

SALT PACK

To heat and ease the tension in various parts of the body (stiff muscles, the abdominal area in case of diarrhea, menstrual or intestinal cramps, stomach cramps, etc.).

1. Dry roast one to one and one-half pounds of salt in a stainless steel skillet until it is very hot.
2. Place the hot salt in a thick 100% cotton sack and tie securely with string. Wrap sack in a thick towel.
3. Apply to the affected area.
4. Change the salt or reheat when it starts to cool off.
5. Save the salt as it can be used for a salt pack again. Eventually discard when the salt becomes gray and no longer holds heat.

TARO POTATO PLASTER

Traditionally known to be helpful in drawing out blood, pus, carbon, excess protein and fat from boils and tumors.

Before applying the taro plaster, you may do a very short-time ginger compress (three to five minutes) to warm up the skin and to increase the effectiveness of the plaster.

If the plaster feels too cold, a salt pack may be placed on top.

If the plaster feels itchy, you may rub sesame oil on the skin before it is applied the next time you apply a taro potato plaster.

1. Remove the skin from the taro potato and grate the potato.
2. Add 5% grated ginger and mix. (If the paste causes too much itching, you may omit the ginger.)
3. If the paste is very wet, add a little unbleached white flour for a firmer consistency. The paste, however, should remain moist and have the consistency of wet cement or mud.
4. Spread the mixture about one-half inch thick on a clean cotton cloth.
5. Apply the mixture directly on the infected area (not the cloth side). Leave the plaster on for about four hours.
6. If the plaster has dried and is difficult or painful to remove, apply enough warm water to moisten the paste.

REGULAR POTATO PLASTER

Although not quite as effective, you may use this plaster in the same way as the taro potato plaster if taro potato is not available.

1. Grate potato (green potatoes are best).
2. If the potato is very watery, place it in a double layer of cheesecloth and squeeze out the excess water before combining it with the other ingredients.

3. Mash equal amounts of chopped raw leafy greens in a suribachi (kale, collards, watercress, etc.).
4. Add about 10% grated ginger to the mixture, and mix everything well.
5. If the paste is still too watery, add some unbleached white flour to thicken it to the consistency of mud or wet cement.
6. Apply as you would the taro plaster.

BUCKWHEAT PLASTER

Helpful in drawing out retained water or other fluids when applied to swollen areas on the legs, arms, etc.

1. Mix buckwheat flour with a little sesame oil and enough hot water to form a stiff, hard dough.
2. Spread the dough on a cotton cloth, about three-quarters of an inch thick.
3. Apply the dough side (not the cloth side) directly to the swollen area.
4. Remove after one to two hours.
5. As the plaster draws out the fluid, the dough will become soft and watery. When this happens, replace the plaster with a new, stiff dough.

TOFU PLASTER

Traditionally known to help with concussions, hemorrhoids, fevers and burns; in many cases, more effective than ice.

1. Squeeze out the liquid from a block of tofu and mash tofu in a suribachi.
2. Add 2-3 Tbsp unbleached white flour and 1 tsp grated ginger. Mix well.
3. Apply the mixture directly to the skin and cover with a towel. You may want to secure it in place with a bandage, or tie with a cotton strip.
4. Change the plaster every two to three hours, or when it becomes hot.

TOFU AND GRAIN PLASTER

Same as above. You may use this plaster as an alternative if the tofu plaster feels too cold.

1. Mix 50% cooked whole grain which has cooled to room temperature (rice or barley) with 50% mashed tofu.
2. Proceed as above.

CHLOROPHYLL PLASTER

Helpful to lower fevers and relieve burns.

1. Finely chop several green leafy vegetables such as daikon leaves, kale, collards, Chinese cabbage, etc.
2. Place in a suribachi and mash well.

3. Add 10–20% unbleached white flour and mix into a paste.
4. Spread the mixture about one-half inch thick on a towel or cloth, and apply the greens directly to the skin (not the cloth side). Leave on for two to three hours.

GREEN CLAY PLASTER

Traditionally known to draw out excess fluid and fat; to provide relief from aches and pains in the joints; to help reduce any accumulation of fat.

1. Mix green clay with enough water to make into a sticky paste.
2. Apply paste directly onto affected area and cover with a cotton towel.
3. Leave on three hours or overnight.

MUSTARD PLASTER

Good to dissolve stagnation and to stimulate circulation; especially good in cases of lung troubles, such as mucus accumulation or coughing. Also good for muscle stiffness.

1. While preparing the plaster, warm up two towels.
2. Crush enough mustard seeds to obtain a handful of mustard powder. You may also use mustard powder or, if unavailable, mustard spread from a jar.
3. Bring some water to a boil and add enough to the mustard to make a thick paste. (Do not make watery.)
4. Spread the paste onto one half of a triple layer of paper towels or one layer of waxed paper. Fold in half to cover the paste on both sides.
5. Spread a thick towel on the area to be treated. Place the mixture in its wrapper of paper towels or waxed paper on top of the towel and cover with the second towel.
6. Leave the plaster on until the heat starts to feel uncomfortable, usually about 10 to 15 minutes.

- Notes:
- The skin will become red which is normal.
 - Do not apply mustard directly on the skin as it will burn.
 - When using this plaster on children, mix in an equal amount of flour.
 - If inadvertently some mustard were to leak and burn the skin, spread a small amount of olive oil or other light vegetable quality oil on the affected area of the skin.
 - For lung troubles, you may apply the plaster on the chest or on the back, or both.
 - In the case of an acute condition, you may apply the plaster two or three times a day, but please refrain from too frequent use as it may burn the skin if repeated too often.

KOMBU PLASTER

Good for burns from radiation, skin lesions and scars.

1. Soak strips of kombu (the length depends on the area to be covered) and cut to proper size, enough for a double layer.
2. Apply the soaked kombu to the affected area, directly on the skin, in double layers.
3. Cover with a cotton cloth and leave on for three hours or longer. (Do not sleep with on overnight.)

LOTUS ROOT AND GINGER PLASTER

Traditionally known for its effectiveness in dispersing and moving stagnated mucus in the bronchi, throat, lungs or sinuses.

1. Grate enough fresh lotus root to cover the area about one-half inch thick.
2. Mix thoroughly with 5% grated ginger and 10–15% unbleached white flour.
3. Spread the mixture on a cloth or paper towel and apply directly to the skin (not the cloth side).
4. Leave on for 20 minutes to one hour.

Notes:

- This application is more effective if preceded by a ginger compress for five minutes.
- To dissolve mucus deposits in the sinuses, you may leave the plaster on for several hours or overnight. In this case, sew a gauze mask with holes for the nose and eyes. Lotus plaster should cover the area around the eyes and above the nose. This application should be repeated for seven to ten days, and may sometimes take up to two or three weeks to be effective. But it can be very powerful to clear the sinuses. Watery or thick mucus may start to be discharged from the eyes or nose.

PEARL BARLEY PLASTER

To harmonize body energy; to draw out and soften excess hard fat or protein.

1. Use pearl barley, also called hato mugi or Job's tears. Cook to a soft consistency, using one part grain to three parts water. Let the grain cool to room temperature.
2. Mash cooked grain in a suribachi until it becomes a paste.
3. Add 5% grated ginger. Mix thoroughly.
4. Spread the mixture to one-half to one inch thick on a cotton cloth.
5. Apply the mixture directly to affected area (not the cloth side). Secure it in place with a bandage or tie with cotton strip. Leave on for several hours.

BROWN RICE/MISO PLASTER

To soften accumulated, hardened fat.

1. Use cooked brown rice (cooled to room temperature) and mash well in a suribachi.
2. Mix with an equal amount of miso.
3. Add 3–4% grated ginger and mix together thoroughly, adding a small amount of water to make into a soft plaster.
4. Spread this mixture to one-half to one inch thickness on a cotton cloth.
5. Apply the mixture directly to the skin (not the cloth side) and leave on for three hours or longer. Secure in place with bandage or tie with cotton strip if necessary.

Please contact the Kushi Institute in Becket, Massachusetts for further information on macrobiotic seminars, classes, personal educational sessions, books and other educational materials and supplies.

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