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## Change of Season Soup – a herbal tonic

Fall and winter make up the inner, or "yin" time of the year. In nature, leaves and flowers are dying and energy sinks, becoming concentrated in the seeds and roots of plants. During fall, the lungs are particularly vulnerable during this time to colds and flu.

Change of Season soup is an immune system tonic. It is a Chinese herbal blend that is ideal to enhance your immune system during the changing of the seasons. This herbal formula also improves resistance to colds and flu. It also helps to balance the body during periods of stress.

One cup or bowl twice a day for 12 days is often recommended for a healthy person. People who are in the midst of a cold or flu should *not* drink the soup until after they have recovered.

The soup has a slightly bitter taste. To improve the taste, use it as a base for a hearty chicken soup made with a whole chicken and immune-enhancing shiitake mushrooms, onions, carrots, potatoes, pumpkin, squash, beets, and other local harvest vegetables can tonify the lungs and enhance the immune system.

### Ingredients:

You will need equal parts (2-3 oz each) of the following herbs.

#### 1. Codonopsis root

This herb will help to tonify and strengthen "Qi" energy. It helps to build blood and nourish body fluids.

#### 2. Astragalus root

Astragalus is a root that helps to strengthen protective defenses, strengthen Qi energy, nourish the spleen, and tonify the blood and lungs.

#### 3. Dioscorea (Chinese yam) root

Dioscorea is a herb that tonifies and balances the lungs and the kidneys.

#### 4. Chinese Lycii berries

Lycii berries help to strengthen the liver and the kidneys.

### Instructions:

1. Fill a large stock pot with water. Add the above herbs to the pot and place the lid on. Bring to a boil and simmer for 4 to 6 hours. If the water level boils down, add water to refill if necessary.
2. Using a slotted spoon, remove the herbs from the pot and allow the soup to cool. This recipe makes about 4 liters of soup. You can drink it as a broth, use it as a base for soup recipes, or place it in a mug or thermos and sip it throughout the day.