



## Pear Soup

Asian pears have unique energetic properties that, in combination with other ingredients, enable them to help heal and balance the respiratory system. For clients with congestion and cough due to cold, flu, or allergies, Dr. Wu may prescribe either of two versions of Pear Soup—one with pear and sugar alone, or one that includes an additional medicinal element: Chuan Bei Powder. Your exact symptoms and TCM diagnosis—for example, a productive cough versus a nonproductive cough—will determine which recipe Dr. Wu recommends.

### Sources

Asian pears are rounder and firmer (and often larger) than other types of pears. You can find them in many grocery stores and Asian markets. Another Pear Soup ingredient—rock sugar—can be found at Asian markets like May Wah (707–719 Clement Street, between 8th and 9th, in San Francisco). It consists of irregularly shaped raw sugar crystal, yellow to brown in color. It is sold in clear plastic bags, often under the brand name Lucky Candy.

The third medicinal ingredient, Chuan Bei Powder, is available at our clinic. Use only when prescribed by Dr. Wu.

### Ingredients

- 1 Asian pear
- Rock Sugar: Roughly enough to fill your cupped palm, or about 2 cubic inches in size.
- 1 Spoonful Chuan Bei Powder\*

### Cooking Instructions

1. Core and cut Asian pear into thin slices with the skin on.
2. Put into a pot and add enough water to cover the pear.
3. Add rock sugar and powder\*.
4. Cook to a boil.
5. Turn to low heat and simmer for 15 minutes.
6. Cool for 5 minutes, then drink soup and eat some of the pear, as prescribed by Dr. Wu.

\*If prescribed by Dr. Wu