



## **Immune Support Soups from David Winston**

Note: Traditionally, these soups are not used during acute colds and fevers.

Immune supporting ingredients for these soups include:

- Astragalus root or “huang qi”. This has a mild flavor, that some describe as sweet, and is often cooked in soups and stews. Astragalus is an adaptogen with antibacterial, antioxidant, and heart, liver, and immune tonic. It is used in China to help prevent immune suppression caused by chemotherapy.
- Dang (not dan) Shen root (Codonopsis pilosula, C. tangshen). Dang shen root has a sweet taste and is cooked in soups, stews, and rice porridge. According to Winston, dang shen tea nourishes the digestive, immune, and endocrine systems, and is an adaptogen. Studies indicate that the root increases the number of red blood cells and the blood’s hemoglobin content. In China it is used in “fu zheng” formulas to strengthen the immune system and protect the GI tract during chemotherapy.
- Lycium or lycii berries. These are also known as wolf or goji berries. Lycium berries contain Beta-sitosterol, Betaine, Beta-carotene, vitamins B3, B6 and C, and are a general tonic. [Not for use in pregnancy according to David Winston.]

### **Nourishing Chinese Tonic Broth (t’ang)**

1 liter water  
4 Tablespoons astragalus root  
4 Tablespoons dang shen root  
2 Tablespoons lycium berries

Fill a large stockpot with a liter of water, add the herbs and cover. Bring to a boil and simmer for 40 minutes; add additional water if necessary. Remove the herbs from the pot and allow the broth to cool. The broth can be drunk alone or used as a base for soup recipes. Serves 2-3.

### **Immune Support Tonic Soup**

2 ounces dried astragalus  
2-4 ounces black reishi mushroom  
2-4 ounces shiitake mushroom, sliced  
2 ounces of burdock root, sliced thin  
1-2 ounces fresh ginger root  
4 quarts water  
4 ounces chicken stock (optional)

Presoak herbs for 30 minutes. Add to stockpot with 4 quarts of water. Simmer 45 minutes. Remove astragalus and reishi. Use what remains for soup or as a soup base.



## **David Winston's Revitalizing Ginseng Soup**

This soup can be made with any number of vegetables or meats. Winston prefers chicken, but other meats can be used. According to Winston, this soup is especially useful during the transition from autumn to winter and during the flu season to prevent getting sick.

1 large onion, diced  
4-6 cloves garlic, minced  
2 large carrots, peeled and sliced into rounds  
2-3 boneless chicken breasts cut into ½ inch chunks  
Olive or sesame oil  
8 cups water or stock  
1 large sweet potato, peeled and cubed  
12-16 dried shitake mushrooms. Soak first in water to rehydrate.  
1 small (1/2 inch) piece of fresh ginger, minced  
1-2 whole red or white ginseng roots  
1 ounce lycium fruit  
3-4 astragalus sticks  
Salt or tamari, pepper, and hot oil (like chili toasted sesame oil from Eden Foods), to taste

In a large soup pot, sauté the onion, garlic, carrots, and chicken in a little olive oil or sesame oil. When the onion pieces start to become transparent, add the water or stock. Then add the sweet potato, shiitake, ginger, and herbs. Let simmer for several hours. Add salt or tamari, pepper, and hot oil to taste. For variety, you can use other meats and other vegetables (rutabagas, leeks, shallots, corn, celeriac, celery, fennel bulb) as are seasonably available and depending on your preferences. Serves 4-5.

## **WHERE TO BUY HERBS**

1. Lycium or goji berries are available at many health food stores, such as Integral Yoga in Charlottesville. Herbalist & Alchemist (see below) also carry bulk lycium berries.
2. Astragalus may have to be ordered from the web. It usually comes as slices of dried root. Good places to order include Mountain Rose Herbs in Eugene, Oregon [[www.mountainroseherbs.com](http://www.mountainroseherbs.com) or (800) 879 -3337], and David Winston affiliated Herbalist & Alchemist [[www.herbalist-chemist.com](http://www.herbalist-chemist.com) or 908-689-9020].
3. Dang shen or codonopsis root may be ordered from Mountain Rose Herbs.

Recipes are from:

David Winston and Steven Maimes. *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*. Healing Arts Press: Rochester, VT. 2007.