



Illustrated English Edition

Eastern Wellness Research Team

About This Illustrated Edition

Educational reference only - not medical advice

Editorial Note

This document is an English translation and editorial adaptation of the user-provided Chinese PDF “102 种养生配方秘籍.” The original text lists ingredients and traditional benefit claims. To make the material safer for an international health website, benefit statements are labeled as “traditionally described” or “source claims” rather than presented as established medical facts. Obvious source/OCR irregularities are marked as unclear instead of silently corrected.

Important Medical and Safety Disclaimer

This content is for educational and cultural-reference purposes only and is not medical advice, diagnosis, treatment, or a substitute for care from a qualified health professional. Do not use these formulas to self-treat cancer, diabetes, hepatitis, thyroid disease, heart or lung disease, pregnancy-related conditions, pediatric illness, or other serious conditions. Herbs and traditional ingredients can cause side effects, allergies, toxicity, or drug interactions. Some ingredients may be restricted, protected, unavailable, or inappropriate in your country. Several source formulas include higher-risk ingredients such as Ma Huang/Ephedra, scorpion, ginkgo nuts, wildlife products, or unclear herb names. Do not prepare or consume such formulas without qualified professional guidance and confirmation of legal, safe sourcing.

How to Read This Translation

Recipe names and ingredient quantities follow the source as closely as practical.

“Traditional source description” summarizes what the original document claims; it does not confirm clinical effectiveness.

Where the source contains a likely typo or unclear ingredient/quantity, the uncertainty is explicitly stated.

No cooking times or preparation steps have been invented when the source did not provide them.

The 102 Formulas

Visual Guide to Traditional Ingredients



A visual reference page highlighting commonly used roots, berries, grains, mushrooms, and soup ingredients found throughout traditional wellness cooking.

Food Therapy in Everyday Life



 Food Therapy for Everyday Wellness

Traditional soups are often prepared as part of a calm home routine, combining seasonal foods with pantry herbs and long-simmered broths.

Recipes 1–18



1. Codonopsis and Chinese Yam Quail Soup

Ingredients: Codonopsis root 15 g; Chinese yam 15 g; 2 quails; lean pork 250 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described in the source as supporting the spleen and stomach, especially for poor appetite and indigestion associated with 'spleen-stomach weakness.'*

2. Five-Finger Fig Root Chicken or Lean Pork Soup

Ingredients: Five-finger fig root; chicken or lean pork. Quantities are not stated in the source.

Traditional source description: *Traditionally described as a food-therapy soup for rheumatic-type joint discomfort.*

3. Black Bean Catfish Soup or Hakka Rice-Wine Hen

Ingredients: Black beans; catfish; or Hakka rice wine with a hen. Quantities are not stated in the source.

Traditional source description: *Traditionally described as nourishing qi and blood and supporting bones and tendons.*

4. Cornus Fruit, Gorgon Seed and Lean Pork Soup

Ingredients: Cornus fruit (Shan Zhu Yu); gorgon seed (Qian Shi); lean pork. Quantities are not stated in the source.

Traditional source description: *Traditionally described as a warming formula for patterns referred to as yang deficiency.*

5. Lily Bulb, Watercress, Pork Shank and Snakehead Fish Soup

Ingredients: Lily bulb 50 g; watercress 500 g; candied dates 4; snakehead fish 400 g; pork shank 300 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as moistening and nourishing the lungs, easing cough, calming the spirit, and supporting qi.*

6. Qing Bu Liang Pigeon Soup

Ingredients: Chinese yam 20 g; gorgon seed 20 g; goji berries 15 g; Sha Shen 15 g; Polygonatum odoratum (Yu Zhu) 15 g; red dates 4; 2 pigeons; lean pork 150 g; 3 slices fresh ginger.

Traditional source description: *The source presents this as a mild, nourishing soup suited to mid-autumn weather in Guangdong.*

7. Du Jiao Jin Lean Pork Soup or Malt and Preserved Duck Gizzard Soup

Ingredients: Du Jiao Jin; lean pork; malt; preserved duck gizzard. Quantities are not stated in the source.

Traditional source description: *Traditionally described as supporting appetite and digestion in children with food-stagnation-type complaints.*

8. Pseudostellaria, Fig and Lean Pork Soup

Ingredients: Pseudostellaria root 20 g; figs 50 g; candied dates 2; lean pork 400 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting digestion, qi, and lung moisture; the source associates it with dry cough, throat irritation, and weak digestion.*

9. Amomum Pork Tripe Soup or Lion's Mane Silkie Chicken Soup

Ingredients: Amomum (Sha Ren) 15 g; pork tripe 200 g for one serving; or lion's mane mushroom with silkie chicken.

Traditional source description: *The source presents this soup for people with gastritis-type stomach discomfort. This is a traditional claim, not a treatment recommendation.*

10. Amomum Crucian Carp Soup

Ingredients: Amomum (Sha Ren); crucian carp. Quantities are not stated in the source.

Traditional source description: *Traditionally described as supporting spleen qi in patterns labeled yin deficiency with internal heat.*

11. Chestnut, Chinese Yam and Pig Trotter Soup

Ingredients: Fresh chestnuts 26; Chinese yam 50 g; red dates 4; 1 pair pig trotters; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting digestive function, kidney qi, the lower back and knees, and urinary control.*

12. Dried Napa Cabbage, Tofu and Cured Duck Soup

Ingredients: Dried napa cabbage 75 g; tofu 2 blocks; gorgon seed 25 g; coix seed 25 g; candied dates 4; aged tangerine peel as needed; 2 cured duck heads with neck; duck meat 300 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing yin, clearing internal heat, supporting digestion, and reducing fluid retention.*

13. Kudzu Root and Mud Carp Soup

Ingredients: Kudzu root; mud carp. Quantities are not stated in the source.

Traditional source description: *Traditionally described as supporting tendons and bones, qi and blood circulation, and fluid metabolism.*

14. Pitcher Plant, Adzuki Bean and Pork Pancreas Soup

Ingredients: Pitcher plant 20 g dried or 45 g fresh; adzuki beans 50 g; pork pancreas 3 pieces; 3 slices fresh ginger.

Traditional source description: *Traditionally described as clearing heat and dampness, transforming phlegm, soothing cough, and supporting lung moisture.*

15. Floating Wheat, Codonopsis, Chinese Yam and Beef Shank Soup

Ingredients: Floating wheat 25 g; Codonopsis 25 g; Chinese yam 25 g; dried longan 25 g; beef shank 600 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing essence and blood, supporting digestion, calming the spirit, and enriching qi and fluids.*

16. Yin Chen and Crucian Carp Soup

Ingredients: Yin Chen (*Artemisia capillaris*); crucian carp. Quantities are not stated in the source.

Traditional source description: *The source describes this as a dampness-clearing food therapy for hives and recurring itching of the hands and feet.*

17. Cherokee Rose Fruit, Alisma and Lean Pork Soup

Ingredients: Cherokee rose fruit (Jin Ying Zi) 12 g; Alisma (Ze Xie) 12 g; lean pork 300 g.

Traditional source description: *The source associates this soup with patterns described as weak digestion, yin deficiency with heat, and stomach cold accompanied by constrained liver qi.*

18. Aged Tangerine Peel and Old Duck Soup

Ingredients: Aged tangerine peel 10 g; 1 old duck; 3 slices fresh ginger.

Traditional source description: *Traditionally described as regulating qi, supporting the spleen, drying dampness, transforming phlegm, moistening the lungs, and nourishing blood.*

Recipes 19–34



19. Papaya Old Duck Soup or Papaya Pork Tripe Soup

Ingredients: Papaya 1,000 g; 1 old duck and 3 slices fresh ginger; or 1 pork tripe.

Traditional source description: *The source calls the pork-tripe version a 'women's longevity soup' and the duck version a 'men's longevity soup,' traditionally described as nourishing yin and blood without being overly drying.*

20. Chinese Yam, Sha Shen, Yu Zhu and Goose Soup

Ingredients: Sha Shen 15 g; Chinese yam 30 g; Yu Zhu 15 g; goose 250 g; lean pork 250 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting stomach fluids, qi, and hydration. The source also links it to cough, dry mouth, bronchitis, colds, and diabetes; these disease claims are not established by this translation.*

21. Black Bean Carp Soup or Black Bean Catfish Soup

Ingredients: Black beans 60 g; carp 600 g; lean pork 150 g; half an aged tangerine peel; 3 slices fresh ginger.

Traditional source description: *Traditionally described as strengthening bones and tendons, supporting complexion and hair, calming the mind, and promoting longevity. The source also claims benefit for premature graying.*

22. Lily Bulb, Aged Tangerine Peel and Crucian Carp Soup

Ingredients: Lily bulb 80 g; aged tangerine peel 5 g; 2 crucian carp; lean pork 200 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as clearing heat, supporting appetite and digestion, and helping fluid balance.*

23. Apricot Kernel Crocodile Soup or Loquat Leaf Crucian Carp Soup

Ingredients: South and north apricot kernels 15 g with crocodile meat 150 g and lean pork 200 g; or south apricot kernel 12 g, loquat leaf 20 g and 1 white crucian carp.

Traditional source description: *Traditionally described as soothing cough and supporting respiratory resilience. Wildlife ingredients may be regulated or inappropriate in some regions.*

24. Papaya and Squid Soup

Ingredients: Papaya 500 g; fresh squid 500 g; pork ribs 300 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing liver and kidney systems and enriching blood and yin. The source also makes reproductive and bleeding-related claims that should not be treated as medical advice.*

25. Astragalus or Glutinous-Rice Root with Snakehead Fish Soup

Ingredients: Astragalus root or glutinous-rice root; snakehead fish. Quantities are not stated in the source.

Traditional source description: *Traditionally described as supporting qi and helping excessive sweating in people characterized as yin deficient.*

26. Dried Yardlong Bean and Grass Carp Tail Soup

Ingredients: Dried yardlong beans 100 g; 1 grass carp tail; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting spleen qi and dispelling summer dampness. The source also makes claims related to joint pain, blurred vision, and high blood pressure that are not verified here.*

27. Glutinous-Rice Root, Pseudostellaria and Loach Soup

Ingredients: Glutinous-rice root 25 g; Pseudostellaria root 15 g; loach 250 g.

Traditional source description: *Traditionally described for postpartum sweating and night sweating in children.*

28. 'Qu Ling', Polygonatum and Oyster Soup

Ingredients: 'Qu Ling' 20 g (source wording is unclear); Polygonatum 20 g; red dates 8; fresh oysters 300 g; chicken 350 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting complexion, kidney yang, the spirit, digestion, and qi and blood. The original ingredient name 'Qu Ling' is unclear and has not been silently corrected.*

29. Sour Jujube Seed, Arborvitae Seed and Pork Heart Soup

Ingredients: Sour jujube seed 12 g; arborvitae seed 20 g; dried longan 10 g; 1 pork heart.

Traditional source description: *Traditionally described as calming the spirit, nourishing kidney yin, and supporting sleep.*

30. Dried Flatfish, Lean Pork and Tofu Soup

Ingredients: Half a dried flatfish; lean pork 150 g; tofu 1 block; dried scallops 20 g; 4 slices fresh ginger; 2 scallions.

Traditional source description: *Presented in the source as a flavorful, moistening soup for autumn.*

31. Sha Shen, Yu Zhu, Coix Seed and Pork Tendon Soup

Ingredients: Yu Zhu 25 g; Sha Shen 25 g; coix seed 10 g; pork tendon 250 g; pork ribs 250 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting the spleen and lungs, clearing damp-heat, strengthening the legs and tendons, and helping dry or rough skin in autumn.*

32. Pear, Apricot Kernel, Ma Huang and Lean Pork Soup

Ingredients: South and north apricot kernels 12 g each; 2 pears; Ma Huang (Ephedra) 8 g; lean pork 200 g; candied dates 3.

Traditional source description: *The source describes this as a cough- and phlegm-oriented formula. IMPORTANT: Ma Huang/Ephedra has significant safety concerns and should not be used for self-treatment.*

33. Apple, Tremella and Lean Pork Soup

Ingredients: Tremella 20 g; 2 apples; Ma Huang (Ephedra) 8 g; lean pork 200 g; candied dates 3.

Traditional source description: *Traditionally described as nourishing yin and fluids, supporting qi and blood, and helping dampness. IMPORTANT: the source includes Ma Huang/Ephedra, which has significant safety concerns.*

34. Fresh Olive, Sea Conch and Lean Pork Soup

Ingredients: Sea conch; lean pork; fresh olives. Quantities are not stated in the source.

Traditional source description: *Traditionally described as cooling and soothing the throat in wind-heat-type sore throat.*

Recipes 35–51



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35. Long Li Ye, Soybean and Crucian Carp Soup

Ingredients: Soybeans; Long Li Ye (source herb name); white crucian carp. Quantities are not stated in the source.

Traditional source description: *The source claims a food-therapy role for bronchitis and emphysema. This should not replace medical treatment.*

36. Cordyceps Duck or American Ginseng Lean Pork

Ingredients: Cordyceps 7 pieces with duck 150 g for one serving; or American ginseng 20 g with lean pork 150 g for one serving.

Traditional source description: *The source associates this with recovery after chemotherapy and persistently low white blood cell counts. This is not a substitute for oncology care.*

37. Lion's Mane, Ginkgo, Shark Bone and Chicken Soup

Ingredients: Lion's mane mushroom 50 g; ginkgo nuts 25 g; lotus seeds 25 g; mussels 25 g; shark bone 150 g; fresh chicken 500 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting digestion, kidney and lung systems, blood, and calmness. The source also makes anti-cancer claims that are not validated here. Shark products may raise sustainability or legal concerns.*

38. Soybean, Dried Oyster, Bitter Melon and Pork Rib Soup

Ingredients: Dried oysters; soybeans; bitter melon; pork ribs. Quantities are not stated in the source.

Traditional source description: *Traditionally described as nourishing yin and clearing internal heat for mouth sores, 'deficiency fire,' and indigestion.*

39. Carrot and Pork Rib Soup

Ingredients: Carrots 750 g; pork ribs 500 g; candied dates 3; half an aged tangerine peel; 3 slices fresh ginger.

Traditional source description: *Traditionally described as strengthening the body, supporting immunity, moisturizing the skin, and supplementing qi.*

40. Fresh Lotus Seed and Chicken Soup

Ingredients: Fresh lotus seeds 200 g; straw mushrooms 100 g; luffa 80 g; chicken 200 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as calming, supporting the heart and kidneys, aiding digestion, and helping restlessness and poor sleep.*

41. American Ginseng, Chinese Yam and Red Date Pigeon Soup

Ingredients: American ginseng 30 g; Chinese yam 60 g; red dates 6; pigeon quantity is printed as '2 g' in the source and is therefore unclear; 3 slices fresh ginger.

Traditional source description: *Traditionally described as a mild nourishing soup that supports qi, yin, lungs, digestion, and body fluids.*

42. Mung Bean, Lily Bulb and Pigeon Soup

Ingredients: Mung beans 30 g; lily bulb 15 g; American ginseng 10 g; 1 pigeon.

Traditional source description: *The source presents this for oily, acne-prone skin and constipation, using traditional 'clearing' language.*

43. Peanut, Astragalus, Red Date and Beef Shank Soup

Ingredients: Peanuts 100 g; Astragalus 15 g; red dates; beef shank. Amounts for red dates and beef are not stated.

Traditional source description: *The source associates this with poor growth, thinness, bluish lips, and qi-blood deficiency in children. Such symptoms require professional medical evaluation.*

44. Lotus Flower, Dried Lychee and Old Duck Soup

Ingredients: Fresh lotus flowers 2; dried lychees 10; old duck 750 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing liver blood, moisturizing the skin, supporting fluids and digestion, and easing constrained qi.*

45. Dendrobium, Chinese Yam, Goji and Pork Bone Soup

Ingredients: Dendrobium 25 g; Chinese yam 50 g; goji berries 25 g; aged tangerine peel 10 g; pork bones 500 g.

Traditional source description: *Traditionally described as moistening the lungs and supporting body fluids.*

46. Dendrobium Rock Sugar Tea

Ingredients: Dendrobium 15 g; rock sugar as needed.

Traditional source description: *The source describes this for low fever, dry mouth and thirst, and deficiency-heat patterns. It also notes avoiding it in people described as having spleen-stomach cold with a white greasy tongue coating.*

47. Dendrobium, Ophiopogon and Lean Pork Soup

Ingredients: Lean pork 250 g; Dendrobium 15 g; Ophiopogon (Mai Dong) 20 g; red dates 4.

Traditional source description: *The source links this to thirst, dry mouth, frequent urination and constipation in people with diabetes and 'stomach yin deficiency.' It should not be presented as diabetes treatment.*

48. Dendrobium and Pseudostellaria Pork Soup or Ophiopogon-Scrophularia Pork Soup

Ingredients: Pseudostellaria 25 g; Dendrobium 25 g; lean pork 500 g; or Ophiopogon 15 g, Scrophularia 15 g and 2 slices fresh ginger with lean pork.

Traditional source description: *Traditionally described for gum bleeding, dry throat, sore throat, and heat-type symptoms.*

49. Traditional 'Bright Eyes and Nourish the Liver' Soup

Ingredients: Dendrobium 15 g; Pseudostellaria 15 g; Chinese yam 15 g; simmer with lean pork or snakehead fish.

Traditional source description: *Traditionally described for people who use computers frequently and experience dry eyes.*

50. Dendrobium, Goji and Pork Liver Soup

Ingredients: Dendrobium 12 g; goji berries 12 g; pork liver. Quantity of liver is not stated.

Traditional source description: *The source associates this with fatigue and certain liver conditions; these claims are traditional and should not replace medical care.*

51. Three Traditional Menstrual-Support Drinks (One Serving)

Ingredients: A: Angelica sinensis 15 g + red dates 5 + rock sugar as needed. B: Motherwort 15 g + red dates 5 + rock sugar as needed. C: Taxillus herb 20 g + red dates 5 + rock sugar as needed.

Traditional source description: *Traditionally described for feeling cold in winter, irregular menstruation, and menstrual pain. Pregnancy, heavy bleeding, medication use, and gynecologic conditions require clinician guidance before herbal use.*



52. Plain-Stewed Mussel Meat

Ingredients: Fresh mussel meat 500 g (sea or freshwater); 2 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing liver yin, supporting the eyes, cooling the blood, and relieving thirst. The source also makes claims related to diabetes and vision that are not verified here.*

53. Pine Nut and American Ginseng Chicken Soup / Pork Shank Soup / Peanut-Chenpi Pig Trotter Soup

Ingredients: Pine nuts; American ginseng; chicken or pork shank. The title also lists a peanut, aged-tangerine-peel and pig-trotter option; exact quantities are not stated.

Traditional source description: *Traditionally described for dry, itchy skin and eczema-like discomfort during autumn dryness.*

54. Olive, Conch and Lean Pork Soup or Dragon-Fruit-Flower Pork Lung Soup

Ingredients: Olives 10; conch 150 g; lean pork 250 g; or dragon-fruit flower 200 g; 1 pork lung; candied dates 4.

Traditional source description: *Traditionally described as moistening dryness of the mouth and nose in dry weather.*

55. Fresh Cogongrass Root, Dragon-Fruit Flower and Pork Lung Soup

Ingredients: Dragon-fruit flower 50 g; fresh cogongrass root 80 g; south apricot kernel 20 g; north apricot kernel 15 g; 1 pork lung; candied dates 4.

Traditional source description: *Traditionally described as supporting the lungs, clearing phlegm and heat, and promoting urination in damp-heat-type patterns.*

56. Candied Date, Chinese Yam and Pork 'Xi Shi Bone' Soup

Ingredients: Chinese yam 50 g; candied dates 6; pork 'Xi Shi bone' 400 g; 3 slices fresh ginger.

Traditional source description: *The source explains 'Xi Shi bone' as the lean, bony cut near the upper front leg of the pig and presents this as a moistening, nourishing autumn soup.*

57. Lingzhi and Pork Tripe Soup

Ingredients: 1 pork tripe; Lingzhi (Ganoderma) 200 g; candied dates 4.

Traditional source description: *The source presents this for people with chronic gastritis-type stomach pain and sensitivity to cold. This is not a medical treatment recommendation.*

58. Two Traditional Acne-Oriented Formulas

Ingredients: A: Kelp 10 g; adzuki bean 15 g; notoginseng 3 g; 6 scorpions; lean pork 250 g. B: Mung bean 30 g; 'bai-ke' 15 g (source wording unclear); Dendrobium 12 g; American ginseng 5 g; 1 pigeon.

Traditional source description: *The source presents these for yellowish complexion and recurring acne. Scorpion-containing preparations are not suitable for casual self-use and may pose toxicology and sourcing concerns.*

59. Goji and Beef Liver Soup

Ingredients: Beef liver 200 g; goji berries 30 g; beef 200 g; 3 slices fresh ginger; chopped scallion as needed.

Traditional source description: *Traditionally described as nourishing liver and blood and supporting eyesight. The source also makes claims related to anemia, low immunity, dizziness, and blurred vision.*

60. Quisqualis Fruit and Lean Pork Soup

Ingredients: Quisqualis fruit (Shi Jun Zi) 15 g; lean pork 150 g for one serving.

Traditional source description: *The source presents this for restless sleep in children and as an adjunct for intestinal worms. Pediatric symptoms and suspected parasites require professional care.*

61. Dendrobium, Yu Zhu, Sha Shen and Lean Pork Soup

Ingredients: Dendrobium 15 g; Yu Zhu 15 g; Sha Shen 15 g; lean pork 200 g.

Traditional source description: *The source describes this as a food-therapy option for persistent mouth ulcers around the tongue and gums.*

62. Coconut, Soybean, Fig, Frog and Chicken Soup

Ingredients: Soybeans 50 g; 1 coconut; figs 6; frog 750 g; chicken 350 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting qi, digestion and bowel function, clearing heat, and relieving swelling.*

63. Mao Zhua Cao and Lean Pork Soup

Ingredients: Mao Zhua Cao (*Ranunculus ternatus*) 20 g; lean pork 150 g; 3 slices fresh ginger.

Traditional source description: *The source claims this can soften and disperse breast nodules. Breast lumps require appropriate clinical evaluation; this soup should not be presented as treatment.*

64. Eucommia, Psoralea and Pork Rib Soup

Ingredients: Eucommia 25 g; Psoralea fruit 15 g; pork ribs; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting the kidneys, qi and blood in lower-back strain patterns.*

65. Chinese Yam, Longan and Soft-Shell Turtle Soup

Ingredients: Chinese yam 25 g; dried longan 25 g; 1 soft-shell turtle; lean pork 100 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as nourishing yin and supporting recovery from deficiency. The source lists multiple serious diseases; those claims should not be reproduced as treatment promises.*

66. Black-Eyed Bean, Peanut, Corn and Snakehead Fish Soup

Ingredients: Black-eyed beans; peanuts; corn with husk and silk; fresh ginger; snakehead fish; lean pork. Quantities are not stated.

Traditional source description: *Traditionally described as supporting the spleen and reducing excessive sweating. The source also mentions cough, hypertension, diabetes and kidney disease; these require medical care.*

67. Fig, Peanut and Pork Tripe Soup

Ingredients: Figs 60 g; peanuts 50 g; 1 pork tripe; 3 slices fresh ginger.

Traditional source description: *Presented as an autumn nourishing soup that traditionally supports the stomach and digestion.*

68. Durian Core and Crucian Carp Soup

Ingredients: Durian cores 6 (about 400 g); 2 crucian carp; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting kidney yang in patterns involving frequent urination, nocturia and night sweating.*

Recipes 69–85



69. Chinese Yam, Gorgon Seed, Lotus Seed and Sea Dragon/Seahorse Pork Soup

Ingredients: Chinese yam 40 g; gorgon seed 40 g; lotus seeds 25 g; 5 sea dragons; or 5 seahorses with lean pork 150 g (source wording is partially unclear).

Traditional source description: *Traditionally described for frequent urination, nocturia and night sweating. Seahorse/sea-dragon products may be restricted, protected, or ethically problematic depending on jurisdiction.*

70. Codonopsis, Lily Bulb and Pork Lung Soup

Ingredients: Codonopsis 25 g; lily bulb 25 g; 1 pork lung; 3 slices fresh ginger.

Traditional source description: *The source presents this as an autumn soup for chronic bronchitis-type cough. It should not replace evaluation or treatment of persistent cough.*

71. Mao Dong Qing, Goji, Dodder Seed and Lean Pork Soup

Ingredients: Mao Dong Qing 30 g; goji berries 10 g; dodder seed 10 g; prepared Rehmannia 10 g; lean pork 400 g; 3 slices fresh ginger.

Traditional source description: *The source describes this as a folk adjunct for diabetes and prevention. Diabetes requires evidence-based medical management; this formula should not be promoted as preventive or therapeutic.*

72. Tomato and Salted Pork Soup

Ingredients: Tomatoes 500 g; carrots 2; salted pork 300 g; 3 slices fresh ginger; 1 scallion.

Traditional source description: *Traditionally described as moistening dryness, supporting appetite and digestion, generating fluids, and clearing internal heat.*

73. Fritillaria, Bitter Apricot Kernel and Crocodile Meat Stew

Ingredients: Crocodile meat 100 g; Fritillaria (Chuan Bei) 12 g; bitter apricot kernel 12 g; lean pork 100 g.

Traditional source description: *Traditionally described for cough and difficult breathing. Persistent or severe breathing symptoms require medical assessment.*

74. Mao Zhua Cao, Prunella, Soybean and Lean Pork Soup

Ingredients: Mao Zhua Cao; Prunella (Xia Ku Cao); soybeans; lean pork. Quantities are not stated.

Traditional source description: *The source claims this as an adjunct for thyroid nodules, goiter and hyperthyroidism and also advises avoiding spicy foods and iodized salt. These claims and dietary restrictions should not be published as medical guidance without clinician review.*

75. Fresh Sha Lan, Wood Ear and Pork Shank Soup

Ingredients: Fresh Sha Lan (source term); wood ear mushrooms; pork shank. Quantities are not stated.

Traditional source description: *Traditionally described as soothing the throat for pharyngitis and tonsillitis-type discomfort.*

76. Lingzhi and Longan Chicken / Lean Pork / Old Duck Soup

Ingredients: Dried longan; Lingzhi; chicken, lean pork, or old duck. Quantities are not stated.

Traditional source description: *Traditionally described for people who stay up late, sleep poorly, or have vivid dreams, using traditional language of calming the spirit and nourishing yin.*

77. American Ginseng, Dendrobium and Chinese Yam Chicken or Pork Soup

Ingredients: Dendrobium; American ginseng; Chinese yam; chicken or lean pork. Quantities are not stated.

Traditional source description: *Traditionally described for insufficient sleep and heat-type patterns, with calming and yin-nourishing language.*

78. Sugarcane, Carrot and Pork Bone Soup

Ingredients: Sugarcane 250 g; carrots 500 g; one-quarter aged tangerine peel; pork bones 500 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as clearing heat and restlessness, generating fluids, moistening dryness, transforming phlegm, soothing the throat, and supporting bowel and urinary function.*

79. Codonopsis, Lily Bulb and Pork Lung Soup

Ingredients: Codonopsis 30 g; lily bulb amount is printed unclearly as '50 spring' in the source; 1 pork lung; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting qi, moistening the lungs, easing cough, and calming the spirit; the source associates it with chronic bronchitis in older adults.*

80. Gorgon Seed, Dried Scallop and Pork Intestine Soup

Ingredients: Dried scallops 30 g; gorgon seed 50 g; pork intestine 400 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting the spleen and kidneys, nourishing yin, and supporting the lower back and knees. The source includes a cancer-related claim that is not validated here.*

81. Lotus Root and Carp Soup

Ingredients: Lotus root 500 g; carp 500 g; 3 slices fresh ginger.

Traditional source description: *The source notes lotus root as a source of iron, vitamin C and fiber and traditionally describes the soup as nourishing qi, blood and kidney yin.*

82. Fritillaria, Loquat Leaf, Crocodile and Lean Pork Soup

Ingredients: Fritillaria; loquat leaf; crocodile meat; lean pork. Quantities are not stated.

Traditional source description: *The source presents this for a child's cough that worsens after lying down and labels it a 'cold cough.' Pediatric cough should be medically assessed when persistent, severe, or accompanied by warning signs.*

83. Salvia, Frog and Rock Sugar Stew

Ingredients: Salvia miltiorrhiza (Dan Shen); frog; rock sugar. Quantities are not stated.

Traditional source description: *The source associates this with abnormal liver function and hepatitis B. It should not be presented as treatment for hepatitis or liver disease.*

84. Chestnut, Lotus Seed and Pork Kidney Soup

Ingredients: Lotus seeds 30 g; chestnuts 60 g; 1 pair pork kidneys; pork bones 300 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as warming and supporting the kidneys, tendons, digestion and heart. The source also includes a folk pregnancy claim that is not evidence-based.*

85. Pear, Bitter Apricot Kernel and Goose Soup

Ingredients: Bitter apricot kernel 12 g; 2 pears; lily bulb 45 g; goose meat 500 g.

Traditional source description: *Traditionally described as clearing heat, moistening the lungs, transforming phlegm, easing cough, and supporting qi and fluids.*

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86. Floating Wheat, Black Bean and Oyster Soup

Ingredients: Black beans 50 g; floating wheat 25 g; prepared Rehmannia 15 g; oyster meat 500 g; dried longan 10 g; pork shank 300 g; 3 slices fresh ginger; one-quarter aged tangerine peel.

Traditional source description: *Traditionally described as nourishing yin and blood, calming the spirit, supporting hair and complexion, and reducing spontaneous or night sweating.*

87. Walnut, Chinese Yam, Gorgon Seed and Pork Shank Soup

Ingredients: Gorgon seed 50 g; walnuts 100 g; Chinese yam 25 g; pork shank 400 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting kidney essence, lungs, qi and blood, brain function, bowel regularity, and hair. The source also claims benefit for overuse-related myofascial pain.*

88. Astragalus, Southern Jujube and Eel Soup

Ingredients: Astragalus 20 g; southern jujubes 8; eel 500 g; pork shank 300 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as warming the spleen and stomach and nourishing qi and blood. The source claims blood-sugar effects; it should not be presented as diabetes treatment.*

89. Fig, Tea-Tree Mushroom and Pheasant Soup

Ingredients: Tea-tree mushrooms 150 g; figs 5; red dates 3; 1 pheasant; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting digestion and nourishing yin and qi.*

90. Dried Taro, Mussel and Lean Pork Soup

Ingredients: Dried taro 100 g; mussels 40 g; lean pork 500 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as supporting the stomach, bowel function, qi regulation, phlegm transformation, and spleen function.*

91. Double-Boiled Shiitake Soup

Ingredients: Shiitake mushrooms 40 g; chicken bones 40 g; 1 scallion; 2 slices fresh ginger.

Traditional source description: *The source highlights protein, fiber and vitamins in shiitake and makes immune and antiviral-mechanism claims. These should be framed as general nutrition context rather than disease treatment.*

92. Eucommia, Cistanche and Pork Bone Soup

Ingredients: Eucommia 45 g; Cistanche 30 g; pork bones or lean pork.

Traditional source description: *Traditionally described as strengthening tendons and bones and supporting kidney yang and essence in lower-back weakness patterns.*

93. Lotus Root, Red Bean and Pigeon Soup

Ingredients: Lotus root 750 g; dried squid 50 g; red beans 50 g; 2 pigeons; 3 slices fresh ginger; red dates 6.

Traditional source description: *Traditionally described as generating fluids, supporting digestion and blood, regulating qi, nourishing yin and kidney function, and reducing dampness.*

94. Hemp Seed and Lean Pork Soup

Ingredients: Hemp seed 30 g; lean pork 400 g; 3 slices fresh ginger; 2 scallions.

Traditional source description: *Traditionally described as moistening the intestines and helping dry constipation, especially in older adults, postpartum recovery, or after illness.*

95. Fresh Dragon-Fruit Flower and Pork Shank Soup

Ingredients: Fresh dragon-fruit flower 400 g; red dates 6; pork shank 500 g; 3 slices fresh ginger.

Traditional source description: *Traditionally described as clearing lung heat, supporting lung qi, reducing intestinal stagnation, and freshening breath.*

96. Walnut, Mussel and Muscovy Duck Soup

Ingredients: Walnuts 8; ginkgo nuts 50 g; lotus seeds 50 g; mussels 100 g; red dates 5; Muscovy duck meat 500 g.

Traditional source description: *Traditionally described as tonifying the center, warming the lower body, supporting kidney essence, and strengthening yang. Ginkgo nuts require careful preparation and portioning.*

97. Codonopsis, Astragalus, Gorgon Seed and Chinese Yam Soup

Ingredients: Codonopsis; gorgon seed; Astragalus; Chinese yam; lean pork, crucian carp, or snakehead fish. Quantities are not stated.

Traditional source description: *Traditionally described as a seasonal wellness soup for recurring sore throat, winter colds and cough. It should not be presented as treatment or prevention of infection.*

98. Radish and Cod Soup

Ingredients: Radish 500 g; cod 300 g; 3 slices fresh ginger; 2 cilantro sprigs; 2 scallions.

Traditional source description: *Traditionally described as supporting digestion, appetite and lung moisture; the source also describes cod as nourishing yin, blood and kidney essence.*

99. Ginkgo, Bean-Curd Stick, Winter Melon and Old Duck Soup

Ingredients: Bean-curd sticks 100 g; ginkgo nuts 100 g; winter melon 1,000 g; 1 old duck; gorgon seed 20 g; 3 slices fresh ginger; one-quarter aged tangerine peel.

Traditional source description: *Traditionally described as a moistening autumn soup that supports the lungs and yin. The source also makes cardiovascular and respiratory disease claims that are not validated here.*

100. Melon, Sea Conch and Old Chicken Soup

Ingredients: Fresh sea conch meat 250 g (or 100 g dried); melon 250 g, preferably firm white-skinned green-fleshed melon; 1 old chicken; 3 slices fresh ginger.

Traditional source description: *The source attributes this soup to a popular longevity anecdote and traditionally describes it as nourishing the liver, kidneys and internal organs and supporting complexion.*

101. Cordyceps, Dried Scallop and Pork Shank Soup

Ingredients: Dried scallops 6; Cordyceps 15 g; pork shank 500 g; 3 slices fresh ginger.

Traditional source description: *Presented in the source as a winter tonic suitable around the traditional solar term 'Major Snow' (Da Xue).*

102. Black-Eyed Bean, Peanut, Red Date and Pig Tail Soup

Ingredients: Black-eyed beans 150 g; peanuts 50 g; red dates 5; pig tail 750 g; 3 slices fresh ginger; one-quarter aged tangerine peel.

Traditional source description: *Traditionally described as dispelling dampness, supporting the spleen and stomach, nourishing qi and blood, and supporting bones and marrow.*

References & Safety Resources

These references provide general context on traditional Chinese medicine, herbal-product safety, supplement regulation, and herb-drug interactions. They do not validate the 102 individual formulas in this document.

National Center for Complementary and Integrative Health (NCCIH). Traditional Chinese Medicine: What You Need To Know. <https://www.nccih.nih.gov/health/traditional-chinese-medicine-what-you-need-to-know>

NCCIH. Safe Use of Complementary Health Products and Practices. <https://www.nccih.nih.gov/health/safety>

NCCIH. Herb-Drug Interactions. <https://www.nccih.nih.gov/health/providers/digest/herb-drug-interactions>

NIH Office of Dietary Supplements. Dietary Supplements: What You Need to Know. <https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>

U.S. Food and Drug Administration. Final Rule on Dietary Supplements Containing Ephedrine Alkaloids. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-final-rule-declaring-dietary-supplements-containing-ephedrine>

Source

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