Cordyceps sinensis is also called Chinese caterpillar fungus, and a rare tonic herbs of folk customary in our country, its nutrients than ginseng, can be used as a medicine, also edible, is excellent cuisine, has the very high nutritional value. Cordyceps sinensis can enhance the body’s immunity, nourishing lung, kidney, has obvious inhibitory effect on lung cancer, liver cancer, etc. In clinic for lung deficiency chronic cough, asthma, pulmonary tuberculosis hemoptyis, night sweats, kidney waist knee ache, impotence, spermatorrhea, neurasthenia, and the red blood cells after chemotherapy, radiation therapy, decline has curative effect.

A combination of Chinese caterpillar fungus is a kind of insect and fungi. Worm is cordyceps bat moth larvae, the bacterium is cordyceps fungus, when midsummer, 3800 meters above sea level snow mountain meadows, melting ice, body small body take the bat moth will be thousands of eggs on leaves. Then moth eggs into a small bug, into wet loose soil, absorbs the nutrition of plants roots, the body gradually raise white fat. At this time, the spherical ascospore in cordyceps locates moth larvae, in insect body interior, absorb its nutrition, sprout hypha. When cordyceps bat moth larvae food to have leaves will become the Chinese caterpillar fungus cordyceps fungi.
is the "summer grass". Caterpillar fungus at this time to the full, effective ingredients, the highest in the body is the best season to collect. Qinghai, Tibet, yunnan diqing, first is one of the leading producer of Chinese caterpillar fungus.

The traditional Chinese caterpillar fungus how to eat

1. Boil the water when the tea to drink

Cordyceps sinensis should not bubble water to drink, but should be boiled water to drink, the right way to cook winter worm is, to add water about a cup of Chinese caterpillar fungus, with a small heat for 10 minutes, and then immediately pour the water out to drink, then add water for 10 minutes, poured out after the drink, again add water to boil, add boiled, like this repeatedly until the cordyceps boiled water.

2. With meat to eat

Caterpillar fungus stew out of taste is continous sweet, eat Chinese caterpillar fungus and meat stew is the best, but it is important to note that Chinese caterpillar fungus can not be too long, stew for caterpillar fungus nutrition lost so easily

3. Research powder taking

If disrelish the caterpillar fungus drink boiled water or stew trouble, there is a very simple and convenient method, is the Chinese caterpillar fungus with grinder to grind into powder, and then loaded into the capsule, so that it can be convenient to carry, can regularly taken every day.
Cordyceps Sinensis | Traditional Chinese Herbs

LEAVE A REPLY

Enter your comment here...

June 2015

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Jul »

CATEGORIES

Healthy (65)

Traditional Chinese Medicine (81)

RECENT POSTS

Privacy & Cookies: This site uses cookies. By continuing to use this website, you agree to their use. To find out more, including how to control cookies, see here: Cookie Policy
Chinese Traditional Herbs

about 5 years ago

How to beatify breast and best
Chinese herbal natural remedy
breast enlargement
https://www.herbstcm.com/en/blog/breastcare/

RECENT COMMENTS

admin8611 on Chinese Medicinal Herbs to Cle...
TheCurlyandTheStraig... on Chinese Medicinal Herbs to Cle...
admin8611 on Ginseng Tonic Wine
Tessora's Barra di V... on Ginseng Tonic Wine

Privacy & Cookies: This site uses cookies. By continuing to use this website, you agree to their use. To find out more, including how to control cookies, see here: Cookie Policy