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Business dynamics	The last one: more moist than Sydney, and can nourish the spleen and stomach, this seasonal vegetable, advise you to eat more next one: block where, tie whereWhich organs are most likely to be blocked by a dead
Lead the inspection	Better for the lungs than sherry and a stronger spleen and stomach, this seasonal vegetable you to eat more. Release date: 2025-10-22 1058 Author: New Media Views: 73,000
Media Focus	
International cooperation	With a spat in the morning and a bad breath in the middle of the night, many people's lungs sounding the alarm in the fall. Traditional Chinese medicine believes that the lung governing qi, the Secretary for b Waihe fur, Kai Qiao in the nose. In the autumn, the climate changes from hot to cold, and air most easily invades the lungs through the mouth, nose, respiratory tract and skin. Whe injuries the lungs, the human body will experience a series of unpleasant symptoms such as and sore throat, low cough and dry skin. In particular, middle-aged and elderly people, w lung function gradually declines, lung tissue is less elastic, respiratory defense is red they are more vulnerable to autumn dryness.
The Way to Manage	
Health Information	
The Art of Medicine	
Expert recommendations	
Employee heaven and earth	
Literary cultivation	Is Sydney good for lung relief?
Industry Information	When it comes to lung relief, the first thing that comes to most people's minds is ice-sug This traditional dietary remedy does have its application value, but it is mainly suitable type of lung injury caused by heat and cold.



It can relieve swelling and pain in throat and cough with yellow phlegm. However, as the weather becomes cooler, the evils of dryness often combine with coldness to form a more common "dry-cold." Excessive reliance on Sydney at this time will not only have limited effect, but damage the spleen and stomach because of its cold properties, leading to new problems like diarrhea and loss of appetite.

Especially for patients with chronic bronchitis, emphysema and middle-aged and elderly people whose physical function is gradually diminished, relying solely on Sydney to lubricate their throats is often ineffective.

yam, a neglected lung treasure

We often say that the lung is dirty, meaning that it is most afraid of the evils of dry-cold. Lung maintenance needs to be able to moisturize the body without being too cold, and is just suitable for lubrication of the lungs.

Traditional medicine believes that yam can supplement the spleen, lungs and kidneys at the same time, which can both supplement the innate essence and the innate qi, and is a universal health medicine and food.

The sticky filaments that we pull when we cut yam are its characteristic mucus. This substance can form a protective film in the respiratory tract, effectively relieving symptoms such as dry cough and sore throat in autumn and winter. The latest research found that "saponins" and "mucoids" rich in yam have the effect of antioxidants, removing free radicals, repairing respiratory mucosa, which is suitable for people recovering from pneumonia and those who have been injured by smoking.



In addition, yam is also rich in amylase and polyphenol oxidase, which can promote digestive secretion, enhance digestive function, and supplement the spleen and stomach. The spleen is the source of phlegm, the lung is a device for phlegm storage, the spleen and stomach are full and function properly, and the human body's fluid metabolism is normal, so it will not produce too much phlegm. It is very helpful to relieve the coughing of phlegmy.

The scientific way to eat yam for lung health

For yam to have the greatest effect, you need to master the correct way to eat it. Steaming or boiling preserves the nutrients of yams to the greatest extent possible. It is recommended to choose fresh yams, steamed or boiled with the skin, and consume 100 grams daily for breakfast. Henhua yam or stick yam is of higher quality than other varieties.

In addition to steaming it alone, yams are peeled and served in soup with lilies and silver ear. It is also a good choice to drink in porridge with rice and millet. The recommended "Four Soups for the Lungs": a stew of yam + lily + white fruit + white radish to help relieve coughing and itching.



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