

## 因肾病引起的腿部浮肿

绿皮鸭蛋：一个

篇蓄：10 克

制法：

将篇蓄和鸭蛋一起放到砂锅里面，放一些水。煮篇蓄和鸭蛋 30 分钟，后转小火，用勺子把鸭蛋的外皮敲碎，再用小火煮 15 分钟，让水慢慢渗入鸭蛋。关火后不要打开锅盖，焖 30 分钟后可食用鸭蛋，同时一定要把锅里面的水喝掉。

可以同时煮 3-5 个鸭蛋，篇蓄的用量也会按照比例增加。

用量：

以上为一次的量，每日一次。严重的可以每天吃两次。30 天为一个疗程。

作用：

因肾衰竭或者年老体衰而引起的腿部浮肿，坚持吃 30 天，能够大大缓解浮肿问题。（因人而异）

## Leg Edema caused by kidney disease

### 【Ingredients (Single Serving)】

- Green-shelled duck egg: 1 piece
- Knotgrass (*Polygonum aviculare*): 10 grams

### 【Preparation Method】

1. Place the knotgrass and duck egg(s) into a clay pot, then add an appropriate amount of water.
2. Bring to a boil and cook the knotgrass and duck egg(s) for 30 minutes.
3. Turn down the heat to low, gently crack the duck eggshell(s) with a spoon, and continue simmering for another 15 minutes to allow the water to gradually seep into the eggs.

4. Turn off the heat, do not open the pot lid, and let it sit (simmer with residual heat) for 30 minutes. After that, eat the duck egg(s) and be sure to drink all the water in the pot.

Note: For batch cooking, you can boil 3 – 5 duck eggs at a time, and increase the amount of knotgrass proportionally.

#### **【Dosage】**

- The above is a single serving, to be taken once a day. For severe cases, it can be taken twice a day.
- A treatment course lasts 30 days.

#### **【Effects】**

For leg edema caused by renal failure or age-related physical weakness, consistent consumption for 30 days can significantly relieve the edema. (it varies from person to person).