



NouRiche
ALWAYS RICH IN NOURISHMENT



RichFood Catering Pte. Ltd.

Co. Reg. No. 200913163C | GST Reg. No. 200913163C
8A Admiralty Street #04-40 FoodXchange @ Admiralty Singapore 757437
Tel: 6261 4600 www.nouriche.sg
Email: sales@richfoodsg.com www.richfoodsg.com

Vegetarian Confinement Meal Delivery Service

No MSG / Low Oil

Vegetarian Confinement Meal Menu for Week 1		
	Lunch	Dinner
Monday	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Mock Fish Cutlet 蒸素鱼排</p> <p>Stir Fried Spinach w/ Bean Curd 菠菜炒豆包</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Shredded Ginger w/ Mock Fish Soup 姜丝素鱼汤</p> <p>Stir Fried Lemon Grass w/ King Oyster Mushroom 香茅烧杏鲍菇</p> <p>Stir Fried French Bean w/ Bean Curd 四季豆炒豆干</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>Unripe Papaya w/ Vegetarian Ball Soup 青木瓜素丸汤</p> <p>Stir Fried Mock Meat w/ Shredded Ginger 姜丝炒素肉</p> <p>Stir Fried Broccoli w/ Mushroom 西兰花炒鲜菇</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Peanut & Bean Curd Soup 花生豆包汤</p> <p>Stir Fried Mock Mutton w/ Capsicum 彩椒炒素羊肉</p> <p>Stir Fried Assorted Vegetable w/ Celery 什锦西洋芹 (玉米+香菇+红萝卜+西芹)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>





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<p>Wednesday</p>	<p>“Si Shen” w/ Mock Chicken Soup 四神素鸡汤</p> <p>Stir Fried Mock Meat w/ Sesame Seed & Burdock Root (Niu Bang) 芝麻牛蒡炒素肉</p> <p>Stir Fried Snow Pea & King Oyster Mushroom 甜豆炒鲍菇</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sheng Hua Soup 生化汤</p> <p>Stir Fried Mock Pork Rib w/ Chestnut 栗子烧素排骨</p> <p>Stir Fried Kai Lan w/ Bean Curd 芥兰炒腐竹</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
<p>Thursday</p>	<p>Red Date & Wolfberries (Qi Zhi) w/ Mock Fish Soup 红枣枸杞素鱼汤</p> <p>Stir Fried Mock Sliced Fish w/ Pumpkin 南瓜烧素鱼片</p> <p>Stir Fried Asparagus w/ White Fungus 芦笋炒白木耳</p> <p>Wellness Tea 保健茶</p> <p>**Logan & Wolfberry (Qi Zhi) Fried Rice 桂圆枸杞炒饭</p>	<p>Assorted Mushroom w/ Mock Chicken Soup 什锦菇素鸡汤</p> <p>Vegetarian Sweet & Sour Pork 素咕啉肉</p> <p>Stir Fried Celery w/ Bean Curd 西芹炒百页</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>Friday</p>	<p>Nourishing Bean Curd Soup 养生豆包汤</p> <p>Steamed Mock Fish 蒸香素鱼</p> <p>Stir Fried Long Bean 三丝炒菜豆</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Sheng Hua Soup 生化汤</p> <p>Stir Fried Mock Pig’s Kidney w/ Ginger 姜炒素腰花</p> <p>Stir Fried French Bean w/ King Oyster Mushroom 杏鲍菇炒四季豆</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>





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Saturday	<p>Lion's Mane Mushroom w/ Mock Pork Rib Soup 猴菇素排骨汤</p> <p>Stir Fried Preserved Vegetable /w Shredded Mock Pork 梅菜炒素肉丝</p> <p>Stir Fried Assorted Vegetable w/ Fresh Mushroom 什锦炒鲜菇</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Black Bean w/ Mock Chicken Soup 黑豆素鸡汤</p> <p>Stir Fried Sliced Mock Pork w/ Potato 马铃薯炒素肉片</p> <p>Stir Fried Broccoli w/ Bean Curd 豆包炒西兰花</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
Sunday	<p>Polygonum (He Shou Wu) w/ Mushroom Soup 首乌鲜菇汤</p> <p>Stir Fried Sliced Mock Pork w/ Cashew Nut & Lotus Seed 腰果莲子炒素肉片</p> <p>Braised Bean Curd Stick & Bean Curd 腐竹烧豆腐</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Mushroom w/ Mock Pork Rib Soup 香菇素排骨汤</p> <p>Stir Fried Mock Prawn w/ Celery 西芹炒素虾仁</p> <p>Stir Fried Spinach w/ Mushroom 香菇菠菜</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>





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Vegetarian Confinement Meal Menu for Week A		
	Lunch	Dinner
Monday	<p>Four Elements w/ Mock Pig's Kidney Soup 四物素腰汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Sliced Mock Pork w/ Ginger Sauce 姜汁炒素肉片</p> <p>Stir Fried Kai Lan w/ Reishi Mushroom 芥兰炒灵芝菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Chinese Angelica Root (Dang Gui) & Astragalus Root (Huang Qi) w/ Mock Fish Soup 归芪炖素鱼汤</p> <p>Stir Fried Mock Scallop w/ Capsicum 彩椒炒素干贝</p> <p>Stir Fried French Bean w/ Black & White Fungus 四季豆炒双耳</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>Eucommia Bark (Du Zhong) w/ Mock Pork Rib Soup 杜仲素排骨汤</p> <p>Braised Mock Pork Ball 红烧素狮子头</p> <p>Stir Fried Spinach w/ Bean Curd 菠菜炒豆干</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Dioscorea (Huai Shan) Calming Soup 淮竹安神汤</p> <p>Sliced Mock Pork w/ Lion's Mane Mushroom & Dioscorea Polystachya (Chinese Yam) 猴菇山药炖素肉片</p> <p>Braised Snow Pea w/ Ginkgo 甜豆烩白果</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
Wednesday	<p>Unripe Papaya w/ Mock Pork Rib Soup 青木瓜素排骨汤</p> <p>Stew Mock Pig's Kidney w/ Herbs 药膳炖素腰花</p> <p>Stir Fried Assorted Vegetable 炒什锦鲜蔬 (红萝卜+黑木耳+西兰花+玉米芯+香菇)</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p>	<p>Black Bean w/ Mock Chicken Soup 黑豆素鸡汤</p> <p>Stir Fried Mock Meat w/ King Oyster Mushroom & Dried Bean Curd 杏鲍菇素肉烧豆卜</p> <p>Stir Fried Asparagus w/ Fungus 芦笋炒双耳</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p>





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	Rice Berry 紫米饭	**Fried Rice w/ Ginger 麻姜炒饭
Thursday	Dioscorea Polystachya (Chinese Yam) w/ Mock Fish Soup 山药素鱼汤 Stir Fried Sliced Mock Pork w/ Seaweed & Sesame 海带芝麻炒素肉片 Stir Fried Potato, Red Carrot & Mushroom 炒三丝 (马铃薯+红萝卜+香菇) Wellness Tea 保健茶 Grain Rice 五谷饭	Polygonum (He Shou Wu) w/ Mock Pork Rib Soup 首乌素排骨汤 Braised Mock Pork Cutlet w/ Cashew Nut 腰果烧素排 Braised Pumpkin w/ Mushroom 南瓜烩鲜菇 Wellness Tea 保健茶 Grain Rice 五谷饭
Friday	Burdock Root (Niu Bang) w/ Mock Chicken Soup 牛蒡素鸡汤 Stir Fried Mock Fish w/ Chestnut 栗子烧素鱼 Braised Lotus Root w/ Bean Curd 莲藕烩豆腐 Black Bean & Licorice Tea 黑豆甘草茶 Red Rice 红米饭	Nourishing Mock Pork Rib Soup 补肾素排骨汤 Stir Fried Sliced Mock Pork w/ Ginger 姜炒素肉片 Stir Fried Reishi Mushroom w/ Fungus 灵芝菇炒木耳 Black Bean & Licorice Tea 黑豆甘草茶 Red Rice 红米饭
Saturday	Ba Zhen w/ Mock Chicken Soup 八珍素鸡汤 Stir Fried Shredded Mock Pork w/ Capsicum & Bean Curd 彩椒豆干炒素肉丝 Stir Fried Broccoli & Cauliflower w/ Ginkgo 白果双花椰 Red Date Tea 红枣茶	Nourishing Fish Soup 润肺素鱼汤 Braised Mock Drumlette w/ Mushroom 蘑菇香煲素腿 Stir Fried Snow Pea w/ Dried Bean Curd 甜豆炒豆卜 Red Date Tea 红枣茶





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	<p>Brown Rice 糙米饭</p>	<p>Brown Rice 糙米饭</p>
Sunday	<p>Peanut & Herbs w/ Mock Pork Rib Soup 药膳花生排骨汤</p> <p>Stir Fried Mock Meat w/ Burdock Root (Niu Bang) 牛蒡丝炒素肉</p> <p>Stir Fried Asparagus & White Bamboo Shoot 炒双笋 (芦笋+白笋)</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>"Si Shen" w/ Mock Chicken Soup 四神素鸡汤</p> <p>Herbal Mock Pork Rib 药材排骨</p> <p>Stir Fried Kai Lan w/ Mushroom 芥兰烩香菇</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>





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Vegetarian Confinement Meal Menu for Week B		
	Lunch	Dinner
Monday	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Stir Fried Sliced Mock Pork w/ Black Fungus 黑木耳炒素肉片</p> <p>Stir Fried Cauliflower w/ Potato 椰花烩马铃薯</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements w/ Mock Fish Soup 四物素鱼汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Mock Meat w/ Capsicum & White Bamboo Shoot 彩椒白笋炒素肉</p> <p>Stir Fried Spinach w/ Mushroom 菠菜炒鲜菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>"Ba Zhen" w/ Lion's Mane Mushroom Soup 八珍猴菇汤</p> <p>Steamed Mock Pork Rib w/ Ginger 姜蒸素排骨</p> <p>Stir Fried Long Bean w/ Bean Curd 豆干炒菜豆</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Chinese Angelica Root (Dang Gui) & Astragalus Root (Huang Qi) w/ Mock Chicken Soup 归芪素鸡汤</p> <p>Steamed Mock Meat w/ Bean Curd 素肉蒸豆腐</p> <p>Stir Fried Asparagus w/ Dried Bean Curd Stick 芦笋炒腐竹</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
Wednesday	<p>Dioscorea Polystachya (Chinese Yam) w/ Mock Fish Soup 山药素鱼汤</p> <p>Braised Mock Meat w/ Herbs 药膳炖素肉</p> <p>Stir Fried Spinach w/ Sesame Oil 麻香菠菜</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Stir Fried Sliced Mock Pork w/ Lemon Grass 香茅烧肉片</p> <p>Stir Fried French Bean w/ Bulbus Lili 百合炒四季豆</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice w/ Logan & Wolfberry (Qi Zhi) 桂圆枸杞炒饭</p>





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<p>Thursday</p>	<p>Polygonum (He Shou Wu) w/ Mock Chicken Soup 首乌素鸡汤</p> <p>“Hong Zao” (Red Glutinous Rice) Mock Pork Rib 红糟排骨</p> <p>Stir Fried Chinese Spinach w/ King Oyster Mushroom 苋菜炒鲍菇</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Assorted Mushroom w/ Mock Pork Rib Soup 什锦菇排骨汤</p> <p>Eucommia Bark (Du Zhong) w/ Mock Pig’s Kidney 药膳杜仲素腰花</p> <p>Stir Fried Snow Pea w/ Bulbus Lili 甜豆炒百合</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>Friday</p>	<p>Nourishing Mock Chicken Soup 补腰素鸡汤</p> <p>Stir Fried Mock Pork Cutlet w/ Sesame Oil 麻油素肉排</p> <p>Stir Fried Lotus Root w/ Assorted Vegetable 莲藕什菜</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>**Nourishing Vegetarian Fried Mee Hoon 养生素炒米粉</p>	<p>Ten Herbal w/ Mock Fish Soup 十全大补素鱼汤</p> <p>Stir Fried Sliced Mock Pork w/ Pumpkin 南瓜炒素肉片</p> <p>Stir Fried White Bamboo Shoot w/ Mushroom 香菇炒白笋</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>
<p>Saturday</p>	<p>Sesame Oil Mock Pork Rib Soup 麻油素排骨汤</p> <p>Stir Fried Mock Meat w/ King Oyster Mushroom 杏鲍菇炒素肉</p> <p>Braised Dried Bean Curd Stick & Bean Curd 腐竹烧豆卜</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Black Bean & Red Date w/ Mock Chicken Soup 黑豆红枣素鸡汤</p> <p>Stir Fried Shredded Mock Pork w/ Celery 西芹炒素肉丝</p> <p>Braised Potato w/ Bean Curd 马铃薯烧豆腐</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>





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<p>Sunday</p>	<p>“Liu Wei” w/ Mock Fish Soup 六味素鱼汤</p> <p>Mock Pork Rib w/ Black Vinegar 黑醋素排骨</p> <p>Stir Fried Kai Lan w/ Reishi Mushroom 芥兰炒灵芝菇</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Nourishing Cordyceps (Chong Cao) Soup 虫草滋补汤</p> <p>Stir Fried Mock Meat w/ Asparagus & Mushroom 芦笋鲜菇炒素肉</p> <p>“Three Cups” Bean Curd 三杯豆干</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>
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Vegetarian Confinement Meal Menu for Week C		
	Lunch	Dinner
Monday	<p>"Ba Zhen" w/ Mock Fish Soup 八珍素鱼汤</p> <p>Stir Fried Mock Pig's Kidney w/ Sesame Oil 麻油炒素腰花</p> <p>Stir Fried Broccoli & Cauliflower w/ Mushroom 香菇炒双椰花</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements w/ Mock Pork Rib Soup 四物素排骨汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Mock Chicken w/ White & Black Fungus 双耳炒素鸡</p> <p>Stir Fried Snow Pea w/ Bulbus Lili & Lotus Seed 百合莲子炒甜豆</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
Tuesday	<p>Ten Herbal w/ Mock Chicken Soup 十全大补素鸡汤</p> <p>Braised Mock Meat Ball 红烧素狮子头</p> <p>Stir Fried French Bean & Pumpkin 黄金四季豆</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Chinese Angelica Root (Dang Gui) w/ Mock Mutton Soup 当归素羊肉汤</p> <p>"Hong Zao" (Red Glutinous Rice) Sliced Mock Pork 红糟素肉片</p> <p>Stir Fried Assorted Mushroom 炒什锦菇</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
Wednesday	<p>Chinese Angelica Root (Dang Gui) & Burdock Root (Niu Bang) w/ Mock Pork Rib Soup 当归牛蒡素排骨</p> <p>Stir Fried Sliced Mock Pork 什锦炒素肉片</p> <p>Steamed Pumpkin w/ Wolfberry (Qi Zhi) 枸杞蒸南瓜</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p>	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Braised Mock Pork Cutlet w/ Dioscorea Polystachya (Chinese Yam) 山药烧素肉排</p> <p>Stir Fried Bean Curd w/ Capsicum 彩椒炒豆腐</p> <p>Astragalus, Wolfberry (Qi Zhi) & Red Date Tea 黄芪枸杞红枣茶</p>





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	Rice Berry 紫米饭	**Fried Rice w/ Assorted Vegetable 什锦炒饭
Thursday	Nourishing Mock Fish Soup 补腰素鱼汤 Stir Fried Shredded Mock Meat w/ Burdock Root (Niu Bang) 牛蒡炒素肉丝 Stir Fried Asparagus w/ Bulbus Lili & Gingko 芦笋炒百合白果 Wellness Tea 保健茶 Grain Rice 五谷饭	Four Elements w/ Mock Chicken Soup 四物素鸡汤 (当归, 川芎, 白芍, 熟地) Stir Fried Sliced Mock Pork w/ Sesame Oil 麻油炒素肉片 Stir Fried Broccoli w/ Dried Bean Curd Stick 西兰花炒腐竹 Wellness Tea 保健茶 Grain Rice 五谷饭
Friday	Nourishing Cordyceps (Chong Cao) w/ Mock Pork Rib Soup 虫草滋补素排骨汤 Stir Fried Mock Meat w/ Lemon Grass & Ginger 香茅姜炒素肉 Braised Mushroom & Bean Curd w/ Sesame Oil 麻油烩鲜菇豆卜 Black Bean & Licorice Tea 黑豆甘草茶 **Fried Mee Hoon w/ Pumpkin 南瓜米粉	"Si Shen" w/ Mock Chicken Soup 四神素鸡汤 Braised Mock Pork Rib w/ Chestnut 栗子烧素排骨 Stir Fried Kai Lan w/ Reishi Mushroom 芥兰炒灵芝菇 Black Bean & Licorice Tea 黑豆甘草茶 Red Rice 红米饭
Saturday	"Liu Wei" w/ Mock Chicken Soup 六味素鸡汤 Steamed Mock Fish w/ Chinese Angelica Root (Dang Gui) 当归蒸素鱼 Stir Fried Snow Pea w/ Bean Curd 麻香甜豆炒豆干 Red Date Tea 红枣茶	Solomonseal Rhizome (Yu Zhu) w/ Mock Pork Rib Soup 玉竹养生素排骨汤 "Three Cups" Mock Meat w/ King Oyster Mushroom 三杯素肉鲍菇 Stir Fried Spinach w/ Mushroom 菠菜炒鲜菇 Red Date Tea 红枣茶





NouRiche
ALWAYS RICH IN NOURISHMENT

RichFood Catering Pte. Ltd.

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	Brown Rice 糙米饭	Brown Rice 糙米饭
Sunday	<p>Mushroom w/ Mock Chicken Soup 百菇素鸡汤</p> <p>Steamed Mock Pork Rib w/ Herbs 药膳蒸排骨</p> <p>Stir Fried Broccoli w/ Wolfberry (Qi Zhi) 枸杞西兰花</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Polygonum (He Shou Wu) w/ Mock Fish Soup 首乌素鱼汤</p> <p>Stir Fried Mock Meat w/ Chayote 佛手瓜炒素肉</p> <p>Stir Fried Asparagus w/ White Fungus 芦笋炒白木耳</p> <p>Qi Invigorating Tea 益气补补虚养身茶</p> <p>Rice Berry 紫米饭</p>

** All meal comes with complimentary 1 x serving of Rice and 2 x serving of Tea.*



Week 1 (第一周)

The delivery of a baby is an exhausting experience for a woman, both mentally and physically. In the period directly after giving birth, postpartum women may suffer from postpartum cold and blood stasis in the low abdomen with an underlying condition of Qi and blood deficiency.

During the first week of the confinement period it is vital to:

1. Ensure that lochia is discharged smoothly
2. Revitalize blood circulation and movement of Qi within the body
3. Restoring the expanded uterus to its original state
4. Expel harmful toxins

Sheng Hua Soup (生化汤)

Sheng Hua Soup (生化汤) is a traditional Chinese herbal formula widely consumed by Asian women right after delivery. This traditional Chinese herbal formula; which is prepared in the form of soup, aids in the expulsion of toxins, the discharge of lochia and the revitalization of Qi and blood.

Due to the taxation of giving birth, the body will be deficient in both Qi and blood. And it is these deficiencies that allow wind to invade the body causing postpartum cold and blood stasis.

Sheng Hua Soup (生化汤) can be translated as “Generating and Transforming Decoction”, it can also be defined as “Transforming” the old and “Generating” the new. “Transforming” represents the purification process (whereby toxins are expelled) and the restoration of the uterus to its original state. “Generating” represents the nourishment of the body to replenish nutrients, blood and Qi.

Sheng Hua Soup (生化汤) is also able to treat conditions such as the retention of placental fragments within the uterus, lochioschesis, painful postpartum uterine contractions and chronic endometritis.

During the first week of the confinement period, it is vital the women who have just given birth pay close attention to the purification of the toxins and the replenishment of nutrients for the body.

Sheng Hua Soup (生化汤) plays a key part in helping postpartum women start their path to restoring their bodies to a healthy and sound state.

Sheng Hua Soup

生化汤

Consists of:

Szechuan Lovage Root (Chuan Xiong) 川芎,
Semen Persicae (Tao Ren) 桃仁,
Sliced Chinese Angelica (Dang Gui) 当归片,
Roasted Licorice Root (Zhi Gan Cao) 炙甘草,
Chinese Motherwort (Yi Mu Cao) 益母草,
Blast-fried Ginger (Pao Jiang) 炮黑姜,
Carthamus Tinctorius (Hong Hua) 红花,



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- *It helps to clear lochia after childbirth and prevents uterine tumors from developing.
- *Szechuan Lovage Root (Chuan Xiong) improves the flow of Qi, blood flow and relieves pain.
- *Semen Persicae (Tao Ren) is used as an anti-coagulation, anti-hypertensive, anti-inflammation, detoxification, anti-allergenic agent and to relieve pain, constipation.
- *Roasted Licorice Root (Zhi Gan Cao) invigorates Qi and nourishes Yin, promotes Yang and regulates pulse.
- *Chinese Motherwort (Yi Mu Cao), if taken on a regular basis, improve abnormal menstrual cycles. Due to antispasmodic effects, Motherwort is helpful to restore uterine muscle tone after the childbirth. It may also have relaxing effects on the nervous system, it is very effective in physical as well as in emotional symptoms of premenstrual syndrome and menopause. Motherwort is also used to improve circulation, lower blood lipids, and reduce platelet aggregation. (Not for pregnancy stage)
- *Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating. Ginger has also been effective in treating the nausea and vomiting that is associated with pregnancy. It contains high levels of active substances, so even a small dosage provides beneficial effects.
- *Sesame oil is pressed from the tiny sesame seed. It is cholesterol-free. There are numerous compounds and antioxidants within the sesame seed that are imparted into the oil. Sesame oil has a lowering effect on blood pressure and levels of sodium in the blood. Sesame oil also is good for blood sugar levels. The seeds are especially high in copper, manganese, calcium, and magnesium. Some good benefits of sesame oil are: promotes bone growth, fights anxiety and depression, helps circulation and metabolism.

