



Pear & Honey Lung Tonic Tea

Ingredients to makes 2–3 cups

- 1 large Asian pear (or a ripe conference pear if unavailable) – peeled, cored, and sliced
- 3–4 cups filtered water
- 1 tbsp raw honey (or more to taste) – added after cooling to preserve enzymes
- 3–4 slices fresh ginger (optional, adds warmth and improves digestion)
- 2–3 dried Chinese red dates (jujubes) (optional, boosts qi and adds natural sweetness)
- A few goji berries (optional, enhances lung yin and skin hydration)

Method

1. Add pear slices, ginger, and red dates (if using) to a small pot with the water.
2. Bring to a gentle boil, then reduce to a low simmer for 20–30 minutes, until the pears are soft and the liquid is fragrant.
3. Remove from heat and let cool slightly.
4. Stir in the honey only when the tea is warm, not hot, to preserve its medicinal properties.
5. Strain into cups or enjoy with the pear pieces left in for extra texture.

TCM Notes

- Pear: Moistens the lungs, soothes dry coughs, nourishes yin.
- Honey: Lubricates the throat and lungs, mildly tonifies Qi.
- Red dates: Strengthen spleen and Qi, support immunity.
- Ginger: Warms the stomach and enhances circulation (optional for those who run cold).