

抗疫湯水

抗疫必飲 9 大強肺素湯

<http://www.ohpama.com/505314/24parent/%e6%a2%81%e5%b0%b9%e5%80%a9%e6%8a%97%e7%96%ab%e5%bf%85%e9%a3%b29%e5%a4%a7%e5%bc%b7%e8%82%ba%e7%b4%a0%e6%b9%af%ef%bb%bf/>

3 款潤肺茶/粥

<https://www.sundaykiss.com/428451/%e9%a3%9f%e8%ad%9c/soup/%e4%b8%ad%e9%86%ab-%e6%8a%97%e7%96%ab%e9%a3%9f%e7%99%82-%e8%8c%b6%e7%99%82-%e6%b9%af%e6%b0%b4-%e5%85%8d%e7%96%ab%e5%8a%9b-%e6%8a%97%e7%96%ab%e6%b9%af%e6%b0%b4/>

補肺氣益氣健脾治未病-6 款中醫保健湯水

<https://www.hk01.com/%E6%95%99%E7%85%AE/425915/%E6%AD%A6%E6%BC%A2%E8%82%BA%E7%82%8E-%E8%A3%9C%E8%82%BA%E6%B0%A3%E7%9B%8A%E6%B0%A3%E5%81%A5%E8%84%BE%E6%B2%BB%E6%9C%AA%E7%97%85-%E6%AC%BE%E4%B8%AD%E9%86%AB%E4%BF%9D%E5%81%A5%E6%B9%AF%E6%B0%B4%E5%A2%9E%E5%BC%B7%E9%AB%94%E8%B3%AA>