



Serving size: 1 cup of 250ml.

Benefits: Helps to improve **insomnia related to liver-fire**, depression, mental fatigue & bitter taste in mouth, etc.

Ingredients

Dried chrysanthemum - 5 nos (1 gram).

Dried lavender - ½ teaspoon (0.16 gram).

Dried Peppermint - 2 leaves (0.4 gram).

Honey - 1 teaspoon or as desired.



Hot boiling water – 1 cup of 250ml.

*** Daily recommended usage: Chrysanthemum not more than 30 grams = 150 nos; lavender not more than 1.5 grams = 1 ½ tablespoons & peppermint not more than 6 grams = 30 leaves.**

Preparation

(1) Rinse dried chrysanthemum, dried lavender & dried peppermint with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add honey, stir well & drink.

Note: (1) Suitable for all especially those who have bitter taste in mouth & stressed at 1-2 cups daily and for children aged 5-12 years old at ½ cup every 2-3 days once. Advisable to drink a few hours before bedtime because may cause sleepiness.

(2) Moderate intake of **Chrysanthemum, Lavender & Peppermint** for those who have skin allergic problems because **Chrysanthemum, Lavender & Peppermint** may cause allergic skin reaction & sun sensitivity. Large oral doses have been associated with nausea, vomiting & anorexia.

(3) Moderate intake of **Peppermint** for those who have symptoms like heartburn & mouth sores because **Peppermint** may aggravate their conditions.

(4) Moderate intake of **Lavender** for women who pregnant or breastfeeding because **Lavender** act like estrogen in our body which may affect fetus's growth or early delivery.

(5) **Lavender** might slow down the central nervous system **during and after surgery**, if used in combination with anesthesia and other medications given. Stop taking **Lavender** at least 2 weeks before a scheduled surgery.

(6) Advisable to complement with (1) [**Foot Bath for Insomnia related to liver-fire**](#) for quicker & better efficacy!



Lavender Chrysanthemum Peppermint Tea

Caution: To drink this tea infusion at an interval of ½ to 1 hours from medications.

Reference: [Insomnia Facts.](#)