



Serving size: 1 cup of 250ml.

Benefits: Helps to improve **arthritis**, bad breath, **body pH level**, cardiovascular problems (arteriosclerosis & **high blood pressure**), chronic fatigue, **electromagnetic radiation with heaty body system (Heaty Body System's symptoms: a hot sensation in palms, soles, chest & face, constipation, dry mouth, headaches, red eyes, red tongue & spontaneous sweating)**, gastrointestinal problems (Eg: bloatedness, constipation & heartburn), **gout**, high blood glucose level, high cholesterol, **rheumatism, skin problems**, yeast infections & **promote weight loss**, etc.

Ingredients



Apple Cider Vinegar Peppermint Tea (For Heaty Body System)

Apple Cider Vinegar – 2 teaspoons.

Peppermint leaves, fresh or dried – 3-5 leaves (0.6-1 gm).

Honey – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

Preparation

- (1) Rinse Peppermint with tap or distilled water & discard water. Then rinse again with hot water & discard water again.
- (2) Add washed Peppermint & Apple Cider Vinegar to 1 cup of hot boiling water, cover with a lid and steep for 10 to 15 minutes. After 15 minutes, remove lid then add honey, stir well & drink anytime of the day.

Note

- (1) Suitable for all especially those who have **heaty body system** at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup every 2-3 days once.
- (2) For those with **weak or sensitive stomach**, take after breakfast or lunch & after dinner.
- (3) **Peppermint** may cause some side effects including heartburn and allergic reactions including flushing, headache & mouth sores so if you have such symptoms, do take in moderation.
- (4) Advisable to complement with (1) [Footbath: Apple Cider Vinegar Peppermint Detox](#) for quicker & better efficacy!
- (5) If often experience hands' tingling sensation, advisable to complement with [Hand Bath: Apple Cider Vinegar Peppermint Detox!](#)

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