



Next time when you eat watermelon, do not discard the watermelon rind because it can be used to make healthy beverages or dishes as well as nourish your skin! So when you are outside & want to order watermelon juice to quench your thirst, request for its rind to be juiced as well.

According to a study published in June 2005 issue of the Journal of Chromatography & March 2011 edition of the Journal of Science of Food and Agriculture's, it is documented that watermelon rind contains an amino acid, L-Citruline & antioxidant effects which helps to dilate blood vessels, improves blood circulation & immune system and protects us from free-radical damage, etc. Added with Chinese barley & red dates, it provides more health benefits of our lungs, circulatory system & immune system, etc.

Serving size: 4 cups of 250ml.

Benefits: Helps to improve health of circulatory system, bladder, kidneys, lungs, immune system, pancreas, skin, stomach-spleen & beneficial especially for **reducing heaty body system related with urinary tract infections.**

Ingredients

Chinese barley - 8 teaspoons.

Seedless red dates - 2 nos (Add more red dates if you have cold body system).

Watermelon rind of length: 2 inches x thickness: ½ inch - 20 strips.

Raw sugar - 4 teaspoons.

Water - 1500ml. (Preferably distilled or mineral water)

Preparation

(1) Put all ingredients except raw sugar in a pot & rinse 2 times. Then add water and covered with its cover. Boil on high flame & once water starts to boil, turn to low flame and boil for 50 minutes.

(2) After 50 minutes, add raw sugar, stir well & boil for another 10 minutes, then turn off flame and serve. Can drink anytime of the day.

Note:

(1) Suitable for all especially for **reducing heaty body system related with urinary tract infections** at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup every 2-3 days once.

(2) Moderate intake for those who have **weak bladder or kidneys** & to drink this beverage before 3.00 pm because this beverage may cause frequent urination or night urination.



Chinese Barley Watermelon Rind Tea