



**Serving size:** 1 cup of 250ml.

**Benefits:** Helps to **boost memory power 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)**, improve age-related macular degeneration (AMD), attention deficit-hyperactivity disorder (ADHD), cardiovascular system, circulatory system, **depression**, premenstrual syndrome (PMS) & **stress**, promote lung & skin health, etc.

### **Ingredients**



## Ginkgo Leaves Peppermint Tea (For Heaty Body System)

Dried Ginkgo Leaves – 5 pieces (1/2 gram).

Dried Peppermint – 3-5 pieces (1 gram).

Maltose or Honey 1 teaspoon or as desired.

Hot boiling water 1 cup of 250ml.

**\* Daily recommended usage: Dried Ginkgo leaves 4-12 grams & Dried Peppermint not more than 6 grams.**

### **Preparation**

(1) Rinse **dried Ginkgo Leaves & dried Peppermint Leaves** 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 maltose or honey, stir well & drink.

### **Note**

(1) Suitable for all especially those who have **depression or memory problems (For Heaty Body System)** at 1-2 cups daily and for children aged 12 years old at ½ cup every 2-3 days once daily.

(2) Best time to consume this tea is in the morning & before 3.00 pm because Ginkgo leaves may cause **insomnia from the increased neurophysiological activation especially for those with insomnia problems.**

(3) **Ginkgo leaves** might cause severe anemia in people have G6PD enzyme (**Glucose-6-Phosphate Dehydrogenase**) deficiency so take in moderation or avoid using **ginkgo leaves** if you have G6PD deficiency.

(4) There is a concern that **Ginkgo leaves** might cause If you have ever had a seizure, do not consume **Ginkgo Leaves**.

(5) Moderate intake of **Ginkgo Leaves** for those who are on **blood thinning medications** or have **bleeding disorders** because **Ginkgo Leaves** may slow down blood clotting.



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(6) **Ginkgo Leaves** might interfere with diabetes medication so if you have diabetes, monitor your blood sugar closely, therefore take in moderation.

(7) **Ginkgo Leaves & Peppermint** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so take in moderation.

(8) **Ginkgo Leaves** might increase the **risk of bleeding during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

(9) **Peppermint** may cause some side effects including heartburn, and allergic reactions including flushing, headache & mouth sores so if you experiences such symptoms, **do take in moderation**.

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

**Reference:** [Boost Your Memory Power The Natural Way!](#), [Ginkgo Leaves Rose Buds Tea \(For Cold Body System\)](#), [Ginkgo Nuts Walnuts Soup](#)