



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

**Benefits:** Helps to reduce liver-fire, improve eye problems **with Cold body system (Cold Body System's symptoms: anemia, cold limbs, pale complexion, pale lips, brittle nails, tongue: pale color & sensitive to cold weather or air-conditioned environment)**, improve gastrointestinal problems (eg: bloatedness, heartburn & stomach ulcers), relieve cold, cough & sore throat, etc.

### **Ingredients**

Dried Chrysanthemum - 5 nos (1 gram).



## Chrysanthemum Honeysuckle Licorice Tea (For Cold Body System)

Dried Goji Berries – 5 nos (1 gram).

Dried Honeysuckle – 1 teaspoon (1 gram).

Dried Licorice – 1 slice (1 gram) Cut into strip.

Honey 1 teaspoon or as desired.

Hot boiling water 1 cup of 250ml.

**\* Daily recommended dosage of Chrysanthemum not more than 30 grams = 150 nos; Licorice not more than 6 grams = 6 pieces of 2 inches length; Honeysuckle 10-20 grams & Goji Berries 15-30 grams.**

### **Preparation**

- (1) Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water.
- (2) Add washed ingredients together 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 everyone especially those who have **cold body system** at 1-3 cups daily & for children aged 5-12 years old at ½-1 cup once every 2-3 days.
- (2) Moderate intake for those who have skin allergic problems because **Chrysanthemum** may cause allergic skin reaction & sun sensitivity. Large oral doses have been associated with nausea, vomiting & anorexia.
- (3) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.
- (4) Moderate intake of **Licorice** for those who have chronic abdominal pains, constipation, erectile dysfunction, high blood pressure, kidney problems & low potassium level in blood because **Licorice** may aggravate their conditions.
- (5) Moderate intake of **Licorice** for those who have cysts or fibroids related to breast &



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uterus because **Licorice** act like estrogen in our body which may aggravate its condition.

(6) **Chrysanthemum, Honeysuckle & Licorice** 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**.

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

(8) **Honeysuckle** might increase the **risk of bleeding during and after surgery**. In addition, **Licorice** might interfere with blood pressure control during and after surgery. Stop taking **Honeysuckle & Licorice** at least 2 weeks before a scheduled surgery.

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

**Reference:** [Eye Problems](#)