

Chrysanthemum Honeysuckle Mulberry Leaves Tea (For Heaty Body System)



Serving size: 1 cup of 250ml.

Benefits: Helps to reduce **liver-fire & damp-heat**, improve eye problems 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 cardiovascular problems (eg: high blood pressure & high cholesterol), gastrointestinal problems (eg: bloatedness, heartburn & stomach ulcers), high blood glucose, relieve cold, cough, fever, headache & sore throat, etc.

Ingredients



Chrysanthemum Honeysuckle Mulberry Leaves Tea (For Heaty Body System)

Dried Chrysanthemum - 5 nos (1 gram).

Dried Honeysuckle - 1 teaspoon (1 gram).

Dried Mulberry Leaves - 3 pieces (0.6 gram).

Dried Peppermint - 2 pieces (0.4 gram).

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; Honeysuckle 10-20 grams; Dried Mulberry Leaves 6-12 grams & Dried Peppermint not more than 6 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 **heaty 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 of **Chrysanthemum** 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) **Chrysanthemum, Honeysuckle, Mulberry 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**.

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



Chrysanthemum Honeysuckle Mulberry Leaves Tea (For Heaty Body System)

- (5) **Honeysuckle** might increase the **risk of bleeding during and after surgery**. Stop taking **it** at least 2 weeks before a scheduled surgery.
- (6) **Mulberry Leaves** might interfere with diabetes medication so if you have diabetes, monitor your blood sugar closely, therefore **take in moderation**.
- (7) **Peppermint** may cause some side effects including heartburn and allergic reactions including flushing, headaches & mouth sores so if you experiences such symptoms, **so take in moderation**.

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

Reference: [Eyes Problems](#)