



Serving size: 1 cup of 250ml.

Benefits: Helps to **relieve stiff neck's muscle aches & shoulders' aches (For individuals with Heaty body system)**, prevent cold & flu, detoxify the body, improve indigestion, arthritis, high blood pressure, rheumatism and boost immune system, etc.

Ingredients

Ginger - 1 slice (0.2 gram).

Lemon - 1 slice (yellow type).



Lemongrass Ginger Lemon Tea (For Cold Body System)

Lemongrass, 6cm length - 1 stalk (Crushed & cut into small pieces).

Honey or maltose - 1 teaspoon or as desired.

Hot boiling water - 1 cup of 250ml.

*** Daily recommended usage: Dried Peppermint not more than 6 grams.**

Preparation

(1) Rinse **Dried Peppermint & Lemongrass** with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients together with **sliced Lemon** 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 (Heaty Body System's symptoms: a hot sensation in palms, soles, chest & face, constipation, dry mouth, headaches, red eyes, red tongue & spontaneous sweating)**, at 1-3 cups daily & for children aged 5-12 years old at ½-1 cup once every 2-3 days.

(2) **Lemongrass & 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.**

(3) **Peppermint** may cause some side effects including heartburn and allergic reactions including flushing, headache & 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 hour from medications.

Reference: [Neck Pain & Shoulders Aches](#)



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