

## Chrysanthemum Mulberry Leaves Peppermint Leaves Licorice Tea (For Heaty Body System)



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

**Benefits:** Helps to reduce liver-fire, **improve nosebleeds caused by Wind-Heat in Lungs & Liver-Kidney Yin Deficiency**, improve cardiovascular problems (eg: high blood pressure & high cholesterol), gastrointestinal problems (eg: bloatedness, **diarrhea caused by spicy foods intake**, heartburn & stomach ulcers), high blood glucose, skin health, relieve cold, cough, fever, headache & sore throat, etc.

### **Ingredients**

Dried Chrysanthemum - 5 nos (1 gram).



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Dried Licorice - 2 slices (2 grams) Cut into strip.

Dried Mulberry Leaves - 2 pieces (0.4 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; Dried Licorice not more than 6 grams = 6 pieces of 2 inches length; 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 (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) 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) 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.

(4) 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.

(5) **Chrysanthemum, Licorice, Mulberry Leaves & Peppermint Leaves** have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, do **take in moderation**.

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

(7) **Peppermint Leaves** may cause some side effects including heartburn and allergic reactions including flushing, headaches & 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: Nosebleeds Facts**