



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).





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.

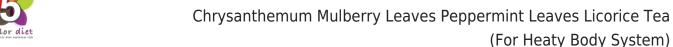
* Daily recommended dosage of Chrysanthemum not more than 30 grams = 150 nos; Dried Licorice not more than 6 grams = 6 pieces of 2 inches length; Dried Mulberry Leaves 6-12 grams & Dried Peppermint not more than 6 grams.

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 $\frac{1}{2}$ -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 &





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 $\frac{1}{2}$ to 1 hours from medications.

Reference: Nosebleeds Facts