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HEALTHIER DIET. HEALTHIER LIFE.

Ma Ten Ling Ai
Nutrition, Iridology &
Aesthetics Consultant
马志玲 (营养师、虹膜及美学顾问)

Hawthorn Peppermint Leaves Licorice Tea (For Heaty Body System)
山楂薄荷叶甘草茶 (针对燥热性体质) @ 5color Diet: Healthy Recipes

Serving size: 1 cup of 250ml.

Benefits: Helps to reduce liver-fire, **improve nosebleeds caused by Stomach-Heat & Liver-Kidney Yin Deficiency**, improve cardiovascular problems (eg: atherosclerosis, low blood pressure, high blood pressure, high cholesterol & irregular heartbeat), gastrointestinal problems (eg: bloatedness, diarrhea, heartburn & stomach ulcers), high blood glucose, skin allergies, relieve cold, cough, fever, headache & sore throat, etc.

Ingredients

Dried sliced Hawthorn Berries – 3-5 nos (3-5 gram).



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

Dried Peppermint - 2 pieces (0.4 gram).

Honey 1 teaspoon or as desired.

Hot boiling water 1 cup of 250ml.

*** Daily recommended dosage of Dried Hawthorn Berries 3-10 grams; Dried Licorice not more than 6 grams = 6 pieces of 2 inches length & 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) **Hawthorn Berries** may cause some side effects including agitation, dizziness, fatigue, headache, heart palpitations, insomnia, nausea, stomach upset & sweating, etc, so if you experiences such symptoms, **do take in moderation.**

(3) **Hawthorn Berries** has interaction with medications used to treat heart disease. If you have a heart condition, seek your health expert's advice before taking **Hawthorn Berries.**

(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.



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(5) 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.

(6) **Hawthorn Berries, Licorice & 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**.

(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.

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Reference: Nosebleeds Facts