

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



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

**Benefits:** Helps to **relieve headaches (For individuals with Heaty body system)**, improve cardiovascular problems (eg: high blood pressure & high cholesterol), depression, gastrointestinal problems (eg: bloatedness, heartburn & stomach ulcers), high blood glucose, insomnia, stress, skin health, relieve cold, cough, fever, etc.

### **Ingredients**

Dried Chrysanthemum - 5 nos (1 gram).

Dried lavender - ½ teaspoon (0.16 gram).



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

Dried Mulberry Leaves – 2-3 pieces (0.4-0.6 gram).

Dried Peppermint – 2-3 pieces (0.4-0.6 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; Lavender not more than 1.5 grams = 1 ½ tablespoons; 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)**. **For Adults:** 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, Lavender & Peppermint** for those who have skin allergic problems because **Chrysanthemum, Lavender & Peppermint** may cause allergic skin reaction & sun sensitivity. Large oral doses have been associated with nausea, vomiting & anorexia.

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

(4) **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**.



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

(5) **Chrysanthemum, Lavender, 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) **Moderate intake** of **Lavender** for women who pregnant or breastfeeding because **Lavender** act like estrogen in our body which may affect fetus's growth or early delivery.

(7) **Lavender** might slow down the central nervous system **during and after surgery**, if used in combination with anesthesia and other medications given. Stop taking **Lavender** at least 2 weeks before a scheduled surgery.

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

**Reference:** [Headaches](#)