

**Too much greasy or spicy foods?**  
**太多油膩或辛辣的食物?**



**Luo Han Guo Chrysanthemum Honeysuckle Tea**  
罗汉果菊花金银花茶 @ 5Color Diet: Healthy Recipes

Too much of cold, greasy or spicy foods may cause **gastrointestinal problems** like bloatedness or diarrhea, heartburn, stomach ulcers, etc. **Luo Han Guo (Monk Fruit)** is beneficial for clear heat, nourish the lungs & gastrointestinal system, improves cough, skin allergies & especially sore throat, etc. Added with other herbs: **Chrysanthemum, Honeysuckle, Licorice, Mulberry leaves & Peppermint**, this **Tea infusion** is specially created for these health concerns.

**Serving size:** 8 cups = 2000 ml.

**Benefits:** Helps to reduce liver-fire, improve cardiovascular problems (Eg: high blood

pressure & high cholesterol), gastrointestinal problems (Eg: bloatedness, **diarrhea caused by greasy or spicy foods intake**, heartburn & stomach ulcers), high blood glucose, skin health, relieve cold, cough, fever, headache & **especially sore throat**, etc.

### **Ingredients**

Dried Chrysanthemum - 4 tablespoons (8 grams).

Dried honeysuckle - 2 tablespoons (2 grams)

Dried Licorice, 2 inches length - 8 slices (8 grams) Cut into strips.

Dried Luo Han Guo Fruit - 1 no. (Wash & break into small pieces)

Dried Mulberry Leaves - 8 leaves (1.28 grams).

Dried Peppermint - 8 leaves (1.28 grams).

Dried honey dates - 4-6 nos.

Water - 2125 ml = 8 ½ rice bowls.

**\* Daily recommended dosage: Chrysanthemum not more than 30 grams = 150 nos; Dried Honeysuckle 6-20 grams; Dried Licorice not more than 6 grams = 6 pieces of 2 inches length; Dried Luo Han Guo Fruit ½-2 nos (9-15 grams); Dried Mulberry Leaves 6-12 grams & Dried Peppermint not more than 6 grams.**

### **Preparation**

(1) Put all ingredients except **Honey dates & Luo Han Guo** in a pot & rinse 2 times to the remove impurities. Then add water, **Honey dates, Luo Han Guo** & covered with the pot's cover. Boil on high flame & once water starts to boil, turn to low flame and boil for 30 minutes.

(2) After 30 minutes is up, turn off flame and serve. Can drink anytime.

### **Note**

(1) Suitable for everyone **especially those who often consume greasy or spicy foods.**

For adults: take 1-3 cups daily & for children aged 5-12 years old: Take 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 gynecological problems because **Licorice** act like estrogen in our body which may aggravate its condition.

(5) **Chrysanthemum, Honeysuckle, 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) Moderate intake of **Honeysuckle** for those who are on **blood thinning medications** or have **bleeding disorders** because **Honeysuckle** may slow down blood clotting.

(7) **Honeysuckle** might increase the **risk of bleeding during and after surgery.** In addition, **Licorice** might interfere with blood pressure control during and after surgery. Stop taking **Honeysuckle & Licorice** at least 2 weeks before a scheduled surgery.

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

(9) **Peppermint Leaves** may cause some side effects including heartburn and allergic reactions including flushing, headaches & mouth sores so if you experience such symptoms, **do take in moderation.**

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