



**Heart-Fire & Liver-Fire's Issue?**  
**心火和肝火问题?**

**Tangerine Peel Roselle Licorice Tea**  
橘皮洛神花甘草茶 @ 5Color Diet: Healthy Recipes

Do you sometimes or always experience **heart-fire & liver-fire's issue**? Too much of **fried, greasy and spicy foods** especially during festive seasons will cause **heart-fire & liver-fire**. **Tangerine peel** has antioxidants more than 20 times of **Tangerine's juice** which is beneficial for neutralizing free radicals caused environmental factors like air pollution, air allergens, heavy metals & sun exposure, etc. Also, helps to improve colds & flu, digestion, morning sickness, motion sickness, stress & balance blood sugar, etc. Added with other herbs: **Goji Berries, Licorice & Roselle**, this **tea infusion** is specially created for these health concerns.

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

**Benefits:** Helps to improve **heart-fire & liver-fire caused by fried, greasy and spicy foods**. Also, helps to regulate blood pressure, promote cardiovascular system, lungs, stomach & spleen health, etc.

### **Ingredients**

**(1) Dried Licorice, 2 inches length** - 2 pieces (2 grams). Cut into thin strips.

**(2) Dried or fresh Roselle, crushed** - 2-3 nos (2-3 grams).

**(3) Dried or fresh Tangerine peel, 1 inch length** - 10-15 thin strips (3-4.5 grams).

**(4) Dried Goji Berries** - 5 nos (1 gram).

**(5) Maltose or Honey** - 1 teaspoon or as desired.

**(6) Hot boiling water** - 1 cup of 250ml.

**\* Daily recommended dosage: Goji Berries 15-30 grams; Licorice not more than 6 grams = 6 pieces of 2 inches length; Dried Roselle not more than 10 grams & Dried Tangerine peel 3-6 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 anytime.

### **Note**

**(1)** Suitable for everyone especially those who have **heart-fire & liver-fire caused by fried, greasy and 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 Goji Berries** if you are pregnant or breast-feeding because **Goji**

**Berries** contain a chemical known as **Betaine** which may cause miscarriage.

**(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) Licorice, Peppermint & Tangerine peel** 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) Roselle** is **POSSIBLY UNSAFE** when taken by mouth during pregnancy. There is some evidence that **Roselle** might trigger menstruation which could cause a miscarriage. **Roselle** have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, **avoid taking**.

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

**(8) Moderate intake of Roselle** for those who have **low blood pressure** because **Roselle** may lower blood pressure. Advisable to add some **Goji berries** shall you have **low blood pressure**.

**(9) Roselle** might affect blood sugar levels during and after surgery. Stop taking it at least 2 weeks before a scheduled surgery.

**Caution:** To take this recipe at an interval of 1 to 2 hours from medications.