



Loquat Leaves Tea is traditionally used in folk medicine for a variety of coughs, such as wheezy cough, chronic cough, **cough with mucus and itchy throat**, etc. In addition, loquat leaves as medicine can help to improve acne, diabetes, hair growth and weight loss, etc. This tea remedy blended with **Loquat Leaves, Chrysanthemum, Peppermint & Goji Berries**, provides many health benefits **especially in relieving coughs with mucus & itchy throat**, etc.

Serving size: 1 cup of 250ml.

Benefits: Helps to improve acne, blood glucose level, hair growth, high blood pressure, high cholesterol, indigestion, weight loss, boost circulation, immune system, detoxify the liver and

especially in relieving coughs with mucus & itchy throat, etc.

Ingredients

- (1) Dried Chrysanthemum – 5 pieces (1 gram).
- (2) Dried Loquat Leaves – 1 heaped tablespoon (1 gram). **Remember to remove the hair on the back of Loquat Leaves before use because it may aggravate the cough by stimulating the throat and if worsen, may lead to laryngeal edema, cramps and other adverse reactions.**
- (3) Dried Peppermint – 2-3 leaves (0.4-0.6 gram).
- (4) Dried Goji Berries – 5 nos (1 gram). **Add more Goji berries shall you have cold body system, anemia or low blood pressure.**
- (5) Honey or maltose – 1 teaspoon or as desired.
- (6) Hot boiling water – 1 cup of 250ml.

*** Daily recommended dosage: Dried Chrysanthemum not more than 30 grams; Dried Loquat Leaves 4-15 grams; Dried Peppermint not more than 6 grams & Goji Berries 15-30 grams.***

Preparation

- (1) Rinse **all ingredients** with tap or distilled water & discard water. Then rinse again with hot water & discard water to remove the impurities.
- (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 and **especially in relieving coughs with mucus & itchy throat**. 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) **Chrysanthemum & 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**.

(4) **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**.

(5) 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.

(6) Moderate intake of **Loquat Leaves** for health conditions of vomiting due to stomach-cold and cough caused by wind-cold attacking the lung. Add some **Red Dates** or **Ginger** to neutralize its cold condition.

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