



Serving size: 1 cup of 250ml.

Benefits: Helps to improve **insomnia related to heart-fire & liver-fire**, high blood pressure, mental fatigue & mouth dryness etc.

Ingredients

Dried chrysanthemum – 5 nos (1 gram).

Dried licorice, 2 inches length (Cut into strips) – 2 pieces (2 grams).

Dried lotus plumule – ½ teaspoon (0.83 grams).

Honey – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

*** Daily recommended usage: Chrysanthemum not more than 30 grams = 150 nos; Licorice not more than 6 grams = 6 pieces of 2 inches length & Lotus Plumule not more than 6 grams = 3 1/3 teaspoons.**

Preparation

(1) Rinse dried chrysanthemum, dried licorice & dried lotus plumule with tap or distilled water & discard water. Then rinse again with hot water & discard water.

(2) Add washed ingredients to 1 cup of hot boiling water, cover with a lid & steep for 10 to 15 minutes. After 15 minutes, remove lid then add honey, stir well & drink anytime of the day.

Note

(1) Suitable for all especially those who have bitter taste in mouth, mouth dryness & redness on tongue tip at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup every 2-3 days once.

(2) Moderate intake for those who have cold body system because **Lotus Plumule** has cold nature & bitter taste. Advisable to add some goji berries to neutralize its cold nature.

(3) Moderate intake for those who have chronic abdominal pains, constipation, erectile dysfunction, high pressure, kidney problems & low potassium level in blood because **Licorice** may aggravate their conditions.

(4) Moderate intake for those who have cysts or fibroids related to breast & uterus because **Licorice** act like estrogen in our body which may aggravate its condition.

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

(6) Advisable to complement with (1) [**Foot Bath for Insomnia related to heart-fire & liver-fire**](#) for quicker & better efficacy!



Lotus Plumule Chrysanthemum Licorice Tea

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

Reference: [Insomnia Facts.](#)