



Serving size: 1 cup of 250ml.

Benefits: Helps to **relieve headaches (For individuals with Cold body system)**, prevent cold & flu, detoxify the body, improve anemia, arthritis, bloatedness, indigestion, low blood pressure, rheumatism, strengthen stomach-spleen health and boost immune system, etc.

Ingredients

Ginger – 2-4 slices (0.4-0.8 gm).

Dried Peppermint leaves – 3 pieces (0.6 gm)

Red Dates – 1 no. (Cut into slices).

Brown sugar – 1 teaspoon or as desired.

Hot boiling water – 1 cup of 250ml.

*** Daily recommended usage: Ginger 250 mg - 2 grams; Dried Peppermint not more than 6 grams & Red Dates 3-20 nos.**

Preparation

(1) Rinse **all ingredients** 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 brown sugar, stir well & drink.

Note

(1) Suitable for everyone especially those who have **cold body system (Cold Body System's symptoms: anemia, cold limbs, pale complexion, pale lips, brittle nails, tongue: pale color & sensitive to cold weather or air-conditioned environment)**.
For Adults: At 1-3 cups daily & for **Children** aged 5-12 years old at ½-1 cup once every 2-3 days.

(2) **Ginger & Red Dates** might increase your insulin level or lower your blood sugar level so **take in moderation**.

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

(4) **Peppermint** 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) **Ginger, Red Dates & Peppermint** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(6) **Ginger** might increase the **risk of bleeding during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

(7) **Red Dates** might interfere the **blood sugar levels during and after surgery**. Stop taking it 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](#)