



Stomach-Heat's Issue?
胃热问题?

Tangerine Peel Chrysanthemum Peppermint Tea
橘皮菊花薄荷茶 @ 5Color Diet: Healthy Recipes

Do you sometimes or always experience **stomach-heat**? Too much of **fried, greasy or spicy foods** especially during festive seasons will cause **stomach-heat**. **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: **Chrysanthemum & Peppermint**, this **Tea infusion** is specially created for these health concerns.

Serving size: 1 cup of 250ml.

Prep Time : 5 mins

Cook Time : 15 mins

Total Time : 20 mins

Benefits: Helps to improve **stomach-heat caused by fried, greasy & spicy foods**. Also, promote cardiovascular system, liver, lungs, stomach & spleen health, etc

Ingredients

- (1) Dried Chrysanthemum** – 5 nos (1 gram).
- (2) Dried Peppermint** – 3-5 leaves (0.6-1 gram).
- (3) Dried or fresh Tangerine peel, 1 inch length** – 10-15 thin strips (3-4.5 grams).
- (4) Maltose or Honey** – 1 teaspoon or as desired.
- (5) Hot boiling water** – 1 cup of 250ml.

*** Daily recommended dosage: Dried Chrysanthemum not more than 30 grams; Dried Peppermint not more than 6 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 and especially those who have **stomach-heat caused by fried, greasy & 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) For those who have cold body system, anemia or low blood pressure, you can add either some red dates or goji berries.

(3) 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.

(4) Chrysanthemum, Peppermint Leaves & 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**.

(5) 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.