



A cough is only a symptom, not a disease. Occasional coughing prevents foreign materials and secretions entering the lungs. However, a persistent and uncontrollable cough usually means there is an underlying health problem such as asthma and bronchitis, etc. This tea remedy blended with **Chinese Barley, Chinese Almonds, Dang Shen & Red Dates**, provides more health benefits of our lungs, stomach-spleen & immune system, etc.

Serving size: 4 cups of 250ml.

Benefits: Helps to improve health of bladder, kidneys, lungs, immune system, pancreas, skin, stomach-spleen, etc and beneficial especially in **relieving cough, reducing phlegm and body heatiness.**

Ingredients

- (1) Chinese Almonds (Bitter Type) - 12-20 nos.
- (2) Chinese Almonds (Sweet Type) - 12-20 nos.
- (3) Chinese Barley - 8 teaspoons.
- (4) Dang Shen - 12-20 thin slices. (3-5 grams)
- (5) Seedless red dates - 2 nos (Add more red dates if you have **Cold Body System**).
- (6) Raw sugar - 4 teaspoons.
- (7) Water - 1250-1500ml. (Preferably distilled or mineral water)

**** Daily recommended dosage of Chinese Almonds (Bitter Type) not more than 40 nos, Dang Shen not more than 30 grams and Red Dates Red Dates 3-20 nos.**

Preparation

- (1) Put all ingredients except raw sugar in a pot & rinse 2 times. Then add water and covered with the pot's cover. Boil on high flame & once water starts to boil, turn to low flame and boil for 50 minutes.
- (2) After 50 minutes, add raw sugar, stir well & boil for another 10 minutes, then turn off flame and serve. Can drink anytime of the day.

Note:

- (1) Suitable for all especially in **relieving cough, reducing phlegm and heatiness** at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup once every 2-3 days.
- (2) Moderate intake for those who have **weak bladder or kidneys** & to drink this beverage before 3-5 pm because this beverage may cause frequent urination or night urination.
- (3) **Dan Sheng** may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experience such

symptoms, **do take in moderation.**

(4) **Dan Sheng and Red Dates** 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.**

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

(6) **Dan Sheng** might increase the **risk of bleeding during and after surgery.** Therefore, stop taking them at least 2 weeks before a scheduled surgery.

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

(8) **Red Dates** may lower blood sugar and might interfere with blood sugar control during and after surgery. **Red Dates** may also slow down the central nervous system. Therefore, stop taking **Red Dates** at least 2 weeks before a scheduled surgery.

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