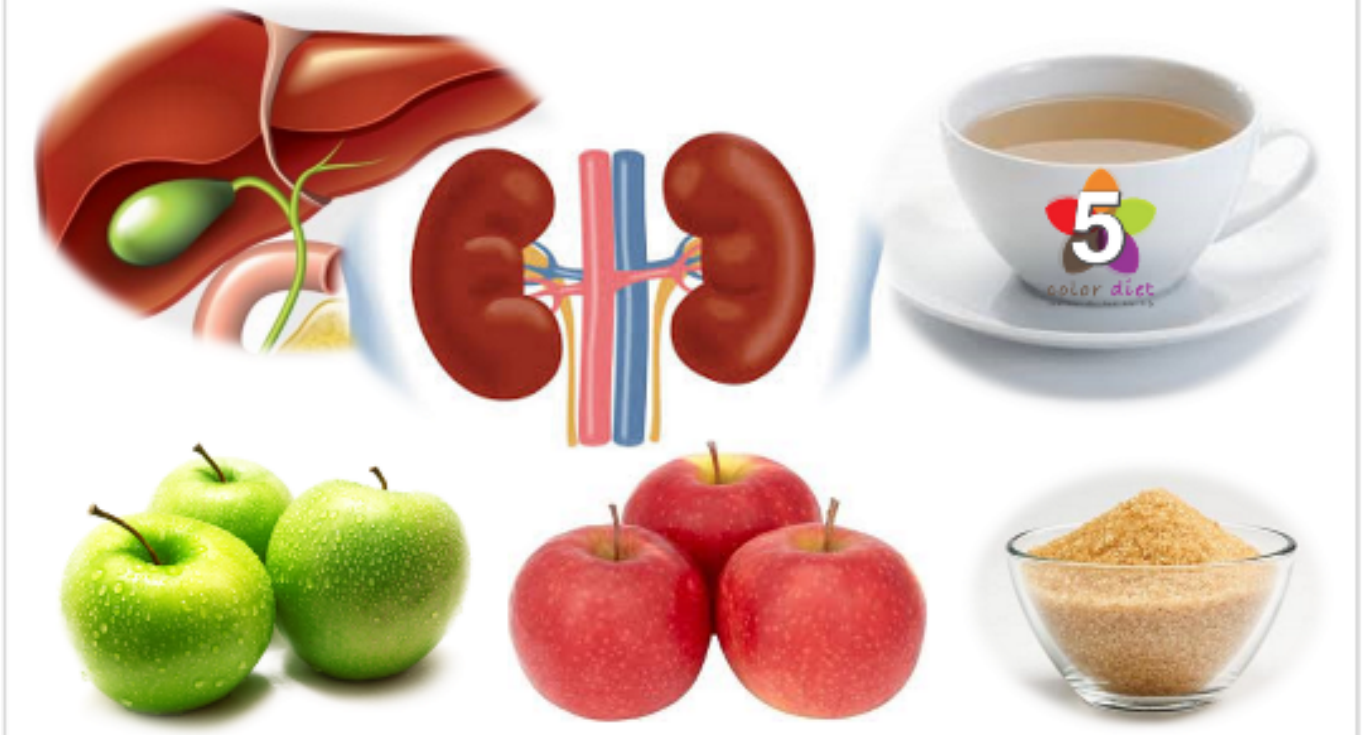


Apple Tea For Liver, Gallbladder & Kidney Detox 苹果茶为肝，胆囊和肾脏排毒！



We are familiar with the saying that “**An apple a day keeps the doctor away**”. Some research suggests that **drinking fresh apple juice or apple tea for 7 days and adding olive oil on the seventh day, before going to bed will help to soften gallstones.** **Apples** are extremely rich in antioxidants, flavonoids, and dietary fiber which help to improve health of cardiovascular system, lung, gastrointestinal system, liver, gallbladder and kidney, etc **and especially detoxify liver toxins, reduce gallstones and kidney proteinuria.**

Serving size: 4 cups of 250ml.

Benefits: Helps to improve asthma, cardiovascular system, constipation, dementia, diarrhea, high cholesterol, irritable bowel syndrome, skin health (Apple juice with milk &

honey), reduce risk of breast cancer, diabetes & stroke, boost immune system, etc **and especially detoxify liver toxins, reduce gallstones and kidney proteinuria.**

Ingredients

- (1) **Green Apple** - 1 no. (Scrub salt on the **Green Apple's skin** with a clean toothbrush to remove its impurities. Then cut into 16 pieces. Remove the core)
- (2) **Pink or Red Apple** - 1 no. (Scrub salt on the **Pink or Red Apple's skin** with a clean toothbrush to remove its impurities. Then cut into 16 pieces. Remove the core)
- (3) **Seedless Red Dates** - 2 nos (Add more red dates if you have **Cold Body System, Anemia or Low Blood Pressure**).
- (4) **Raw sugar** - 4 teaspoons.
- (5) **Water** - 1250-1500ml. (Preferably purified, distilled or mineral water)

**** Daily Recommended Intake of Red Dates 3-20 nos and 1 medium-sized apple contains about 4 grams of fiber, about 17% of the Recommended Daily Intake. Recommended Daily Intake of Apples: about 6 nos.**

Preparation

- (1) Put **all washed 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 everyone **and especially detoxify liver toxins, reduce gallstones and kidney proteinuria.** For adults: 1-3 cups daily and for children aged 5-12 years old at ½-1 cup once every 2-3 days.

(2) **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.**

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

(4) **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. If you are pregnant or having any medical conditions, please seek your health expert before consuming this tea.