

## Pineapple Ginger Peppermint Tea For Improving Gout & Arthritis! 凤梨姜薄荷茶以改善痛风和关节炎！



**Pineapple** contains **Bromelain**, a mixture of proteolytic enzymes which is a natural anti-inflammatory agent. It is beneficial in improving **gout, arthritis**, indigestion, heals acne & wounds, boost immunity, etc. In addition, **Ginger, Peppermint & Licorice** have anti-inflammatory & antioxidant properties too which help to reduce **gout & arthritis's inflammation**.

**Serving size:** 10-11 cups of 250ml.

**Benefits:** Helps to improve **gout, arthritis**, cardiovascular system, indigestion, dissolve kidney stones, heals acne & wounds, promotes bone health, relieves cough & cold, boost immunity, etc.

### **Ingredients**

**(1) Pineapple** – 1 no (800-900 grams). Remove its skin & cut into ½ inch cubes.

**(2) Ginger** – 10 thin slices (2 grams).

**(2) Dried Licorice, 2 inches length** – 10 pieces (10 grams). Cut into thin strips.

**(4) Peppermint** – 10 leaves. (2 grams)

**(5) Raw Sugar** – 5 tablespoons. (Optional)

**(6) Water** – 3 litres.

**\* Daily recommended dosage: Ginger 250 mg - 2 grams; Licorice not more than 6 grams = 6 pieces of 2 inches length & Dried Peppermint not more than 6 grams. \***

### **Preparation**

**(1)** Put all washed ingredients except raw sugar in a pot. 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 20 minutes.

**(2)** After 20 minutes, add raw sugar, stir well & boil for another 10 minutes, then turn off flame and serve. Can drink anytime of the day. You can eat the pineapple fruit too because it contains fiber which helps to improve digestion.

### **Note**

**(1) Suitable for all, especially those who have gout or arthritis's issues** at 1-3 cups daily and for children aged 5-12 years old at ½-1 cup every 2-3 days once daily.

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

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

**(6) Moderate intake of Licorice** for those who have cysts or fibroids related to gynaecological problems because **Licorice** act like estrogen in our body which may aggravate its condition.

**(7) Ginger & Peppermint Leaves** 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**.

**(8) 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**.

**(9) Pineapple** has been known to **stimulate menstruation**, so pregnant women should avoid excessive intake of **Pineapple** in order to prevent any chances of a miscarriage. **Pineapple** may cause menses cramps and excessive menses flow during menses period so do take **Pineapple** in moderation.

**(10) Moderate intake of Pineapple** for those who has **Blood, Yang or Qi deficiencies** because **Pineapple** has **Cold energy** which may aggravate their conditions.

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