

## KIDNEY

Stonebreaker plant

Inch Plant ( 1 )

Cat's whisker?

## LIVER (gall)

### ROSELLE WITH PANDAN LEAVES TEA

Principal Herb: / Hibiscus sabdariffa

Uses: Has antioxidant properties, helps to suppress activity of free radicals, rejuvenate the pancreas and protect the liver. Contains anthocyanin, multiple amino acids and antioxidants.

#### Ingredients:

150 grams fresh roselle flowers  
5 pandan leaves with white segments  
75 grams yellow rock sugar  
1.5 litres water

#### Preparation:

Wash the flowers and separate the sepal from the fruit.

Wash the pandan leaves.

Add the fruits, pandan leaves and water into a pot and bring to a boil.

Add the yellow rock sugar and simmer for another 40 - 45 minutes.

Add sepals and cook for another 10 minutes.

#### Dosage:

Twice weekly.

Cowslip creeper

Cowslip creeper revitalises the liver, improve eyesight, contains vitamin A and C , protein and folic acid.

Click here for more information

<https://www.zaobao.com.sg/zlifestyle/culture/story20200528-1056736>

<https://dengarden.com/gardening/Sabiddukong-Growing-Tonkin-Jasmin-With-Photos>

## PANCREAS

Common Selfheal ( 1 )

Roselle ( 1 )

## PROSTATE

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### PEANUT PLANT ROOT TEA

Principal Herb: Peanut/Archis hypogaea

Uses: Helps to improve Benign Prostatic Hyperplasia (enlarged prostate) and reduce difficulty in urination.

Ingredients:

300 grams fresh peanut plant including roots (available in the market)

1.2 to 1.5 litres water (about 5 bowls)

Preparation:

Wash all the ingredients.

Add all the ingredients into a pot and cook until left with one bowl of decoction.

Dosage:

Three times weekly.