

SPLEEN

CHINESE KNOTWEED TEA WITH RED SUGARCANE

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Principal Herb: Chinese Knotweed/*Persicaria chinensis*. This herb has many benefits and has been called poor man's birdnest

Uses: Helps to remove toxins through urination, calm the liver and improve digestion, strengthen the spleen and gastro-intestinal functions, clear heat from lungs and improve the immune system.

Ingredients:

150 grams whole fresh plant
5 - 6 segments red sugarcane
1.5 litres water

Preparation:

Wash all the ingredients.

Cut the red sugarcane into smaller segments, crush and add it into a pot with water; cook for 80 minutes.

Add Chinese Knotweed and cook for another 10 minutes.

Dosage:

Twice weekly.

THYROID GLAND

PERILLA TEA

Principal Herb: Perilla/Shiso/*Plectranthus scutellarioides*

Uses: Helps to relieve asthma and cough, clear phlegm, improve qi (energy) circulation, treat tinnitus and thyroid problems.

Ingredients:

100 grams whole fresh plant
600 ml water

Preparation:

Wash all the ingredients.

Add all the ingredients into a pot and cook for 45 minutes.

Some dark brown sugar can be added if preferred.

Dosage:

Three times weekly.