

ANAEMIA

GREEN PAPAYA, RED DATES, DANG SHEN AND WOLFBERRIES TEA

Principal Herb: Papaya/ *Carica papaya*

Uses: Useful for regulating the body of people with anaemia or girls who have just started puberty.

Ingredients:

1 medium-sized green papaya

5 - 7 red dates

1 tbsp wolfberries

7 - 8 cm dang sheng (*Codonopsis pilosula*, also known as poor mans ginseng)

1 litre water

Directions:

1. Peel and slice the papaya.
2. Add all the ingredients into a pot and cook for 90 minutes.

Dosage:

Twice a week.

BLOOD (high cholesterol, high blood pressure, high blood sugar, circulation)

COMMON SELFHEAL TEA WITH GREEN APPLE

Principal Herb: Common Selfheal

Uses: Helps to lower blood sugar level, facilitate diuresis, dispel clots, and rejuvenate the pancreas.

Regular use may help diabetic patients reduce dependency on insulin injection.

Ingredients:

60-100 grams whole fresh common selfheal plant

3 green apples

1.5 litres water

Preparation:

1. Wash all the ingredients.
2. Slice green apples and cut into chunks (retain skin and seeds).
3. Add all the ingredients into a pot and cook for 90 minutes.

Dosage:

Twice weekly

Curry Leaf (1)

STEEPED CURRY LEAVES TEA

Principal Herb: Curry Leaf/ *Murraya koenigii*

Uses: Helps to lower blood cholesterol.

Ingredients:

2 stalks fresh curry leaves

1 cup water

Preparation:

1. Wash the curry leaves and put them into a glass.
2. Pour boiling water into the glass and let it steep for 10 - 15 minutes.

Dosage:

5 times weekly.

Fameflower (1)

FAMEFLOWER LEAVES

Principal Herb:Fameflower/*Talinum fruticosum*

Uses: Helps to cleanse blood and improveqi(energy) circulation, reduce erythema and sores, treat tinnitus, relieve knee pain.

Ingredients:

7 - 9 young leaves

Preparation: None. Chew the leaves on an empty stomach in the morning.

Dosage:4 times

South African Leaf

Principal Herb:South African Leaf/*Vernonia amygdalina*

Uses: Helps to lower blood pressure and improve liver function through detoxification.

Ingredients:

3 medium-size leaves

Preparation:

None.Chew the leaves between 4 to 5 pm.

Dosage:

Not more than three times a week.

SOUTH AFRICAN LEAF TEA WITH GREEN APPLES

Principal Herb:South African Leaf/ *Vernonia amygdalina*

Uses :Helps to lower cholesterol, blood pressure and uric acid. Also aids in clearing toxins and liver heat, and reducing fever.

Ingredients:

40 - 50 grams fresh leaves

3green apples

1.5 litres water

Preparation:

1. Wash all the ingredients and slice the apples (retain seeds and skin).
2. Add all the ingredients into a pot and cook for 45 minutes.
3. Can be stored in fridge and taken according to dosage below.

Dosage:

300 ml - on alternate days.

Other plants

Cat's Whiskers (1)
Chinese Knotweed (1)
Common Selfheal (1)
Green Joseph's Coat (1)
Heart Leaf (1)
Lemongrass (1)
Longevity Spinach (1)
Okra Root (1)
Red Carpet Weed (1)
Red Napier Grass (1)
South African Leaf (1)
South African Leaf (2)
Sweet Tea Vine (1)
White Mulberry (2)
White Shiso (1)

GOUT(uric acid)

Curry Leaf

BOILED CURRY LEAVES TEA

Principal Herb: Curry Leaf/*Murraya koenigii*

Uses: Helps to lower uric acid and relieve gout.

Ingredients:

10-12 stalks fresh curry leaves

1 litre water

Preparation:

1. Wash the curry leaves.
2. Add all the ingredients into a pot and cook for 45 minutes.

Dosage:

Twice weekly.