Healthy Liver Tea



Healthy Liver Tea is part of the Five Elements Tea Series, specifically designed to promote liver health.
A blend of herbal ingredients helps detoxify and support liver function.
According to traditional Chinese medicine's Five Elements theory, the liver belongs to the wood element, which generates fire.

This implies a close relationship between the liver and the heart in the cycle of generation. Nurturing the liver is crucial for overall health because the liver's well-being directly influences the stability and balance of heart function.

When the liver is healthy, it promotes smooth blood circulation, helps regulate emotions, maintains emotional stability, aids in digestion and nutrient absorption, and balances hormone levels.

Therefore, nurturing the liver not only benefits the liver itself
but also provides crucial support and protection for overall bodily health.



Healthy Liver Tea



- **Clearing the liver and improving vision:** Cassia seed and chrysanthemum have cooling properties and enter the liver meridian. They help clear liver heat and contain rich Vitamin A, which can alleviate eye fatigue and dryness caused by excessive eye use. Therefore, cassia seed chrysanthemum tea can clear liver heat and brighten vision.
- **Clearing heat and reducing fire:** Both chrysanthemum and cassia seed are cool in nature. Cassia seed contains emodin,which can clear heat and moisten the intestines, expelling toxins from the body.Chrysanthemum also has the effect of clearing heat and reducing fire. Therefore, regular consumption of cassia seed chrysanthemum tea can eliminateinternal dryness and regulate internal fire.
- **Lowering blood lipid and pressure:** Cassia seed contains oligosaccharides, which can proliferate bifidobacteria and reduce serum cholesterol and triglyceride levels. Thus, cassia seed also has the effects of lowering blood pressure and lipid levels.



Strong Heart Tea



Strong Heart Tea: Part of Leaf Lyric's Five Elements Tea Series, it supports cardiovascular health. Crafted with heart-friendly natural plants, it offers rich aroma and essential heart support. In Chinese medicine, fire generates earth, symbolizing the heart-spleen relationship.

Heart warmth nurtures spleen earth, vital for digestion and blood production. A healthy heart nourishes the spleen, ensuring proper digestion and circulation, emphasizing the importance of heart care for overall well-being.



Strong Heart Tea



- **Heart Maintenance:**

  The main ingredients of Strong Heart Tea include longan, jujube, goji berries, and rose petals. According to traditional Chinese medicine, rose petals, with a slightly bitter and warm taste, are known for their ability to regulate qi,invigorate blood circulation, and dispel stasis. The medicinal properties of rose petals are gentle, nurturing the heart, liver, and blood vessels. As the heart houses the spirit, nourishing the heart can help calm the mind. Moderate consumption of Strong Heart Tea can alleviate insomnia and forgetfulness.

- **Detoxification and Blood Nourishment:**

  Strong Heart Tea contains gallic acid G from rose petals,which activates transport proteins on cell membranes, aiding in the elimination and metabolism of intracellular toxins. Additionally, Strong Heart Tea is rich in iron, promoting the regeneration of hemoglobin and alleviating symptoms of anemia.

- **Tonifying Qi:**

  Containing ingredients such as longan, jujube, and goji berries, Strong Heart Tea is beneficial for replenishing vitality. Longan, with its sweet taste and warm nature,acts on the heart and spleen meridians,nourishing the heart and spleen, promoting blood circulation, and calming the mind.
  It can be used to improve symptoms such as palpitations, dizziness, insomnia, and forgetfulness caused by deficiency of qi and blood.

Five-Spirit Decoction

The Four Gentleman Soup is a renowned traditional Chinese recipe for nourishing the spleen, consisting of four main ingredients: Poria cocos, Chinese yam, lotus seeds, and fox nuts (or coix seeds). These four "gentlemen" combine their strengths to form a soup that provides numerous benefits to the body, including spleen nourishment, skin beautification, and moisture reduction.
The synergistic effect of these ingredients almost achieves an unbeatable efficacy, truly living up to the name "Four Gentlemen".



According to traditional Chinese medicine's Five Elements theory, the spleen belongs to earth, and wood generates metal. The spleen plays a crucial role in digestion and blood production, essential for maintaining a healthy digestive system. It breaks down food, absorbs nutrients, and produces blood necessary for proper circulation. When spleen function is impaired, digestive issues like poor appetite and immune system health may suffer.
Therefore, regulating spleen function is vital. A balanced diet, healthy lifestyle, and herbal teas supporting spleen health can aid in improving overall health and immunity.



Five-Spirit Decoction



- **Invigorating the Spleen and Dispelling Dampness:**
  Ingredients like Poria cocos in the Five-Spirit Decoction can help to promote diuresis and dampness, while Chinese yam nourishes the spleen and lungs, and Coix seed aids in dampness elimination and spleen fortification. Consuming the Five-Spirit Decoction enhances the spleen's ability to transform and transport water, effectively dispelling dampness.

- **Nourishing the Stomach and Aiding Digestion:**
  The Five-Spirit Decoction is rich in starch, which stimulates appetite and aids digestion, nourishing the stomach effectively.

- **Boosting Vitality and Immunity:**
  Poria cocos in the Four-Spirit Decoction can stimulate and strengthen the body's immune function.
  Regular consumption enhances resistance to diseases.
  Lotus seeds protect the gastrointestinal tract and boost immunity, exhibiting anti-aging effects. Chinese yam benefits the immune and respiratory systems, enhancing vitality.



Lung Detox Tea



According to traditional Chinese medicine, the lungs belong to the element of metal.

They act as the body's radiator, exchanging heat with the external environment through respiration and transferring moisture to the kidneys.

Therefore, Conditions like lung dryness and heat can disrupt this function, affecting kidney health.

Lung qi governs both respiration and the body's overall qi, emphasizing the importance of lung health.

Lung Detox tea helps clear heat, resolve phlegm,and moisten the lungs, promoting respiratory system health and balance.

It regulates lung function, improving heat exchange with the kidneys, thereby enhancing overall health.



Lung Detox Tea



Moisturizing and Nourishing Yin:

Lung Detox Tea, primarily composed of pear and white fungus, is rich in various vitamins and minerals. While pear helps moisturize and nourish Yin, white fungus nourishes the lungs, stomach, and generates fluids. Therefore, consuming Lung Detox Tea in moderation can effectively moisturize and nourish Yin.

Cough Relief and Phlegm Dispelling:

The pear in Lung Detox Tea has the effect of relieving coughs and dispelling phlegm. It can be used to alleviate symptoms such as coughing, sore throat, dry cough, and thirst.



Tonifying Qi and Nourishing Yin:

Lung Detox Tea contains ingredients like coix seeds and lily, which have the effect of tonifying Qi and nourishing Yin.
These components help replenish the body's Qi and blood, regulating physiological functions.

Five Treasure Tea

According to traditional Chinese medicine's Five Elements theory, the kidneys are associated with water, which nourishes wood.
The essence of kidney water nurtures the liver wood.
Five Treasures Tea is known for its efficacy in nourishing and strengthening the kidneys.



By replenishing kidney essence, Five Treasures Tea helps enhance kidney function, promoting a balanced metabolism of body fluids and maintaining the health of both the kidneys and the liver.
It nourishes the essence of kidney water to provide ample nourishment for the liver wood,
aiding in regulating the body's Yin-Yang balance and sustaining overall health and vitality.



Five Treasure Tea



Tonifying Kidney and Securing Essence

The main ingredients of Five Treasures Tea are ginseng, mulberries, maca, red dates, and supplementary goji berries. These substances all play a role in tonifying the kidneys and securing essence.

Tonifying Qi, Nourishing Blood, and Calming the Mind

Ginseng Five Treasures Tea contains abundant nutrients that tonify Qi, nourish blood, and calm the mind. Among them, mulberries and goji berries enter both the liver and kidney meridians, exerting a nourishing effect on the liver and kidneys.
Mulberries contain a large amount of cyanidin, while goji berries are rich in beta-carotene. Both have antioxidant properties, which can delay aging.

Boosting Immunity and Enhancing Vitality

Ginseng contains various active ingredients that enhance the body's immunity, helping to fend off viral and bacterial infections while boosting metabolism and vitality.
It also improves oxygen delivery and utilization, enhancing physical performance and reducing fatigue.

