



# Chinese Medicinal Teas: Simple, Proven, Folk Formulas for Common Diseases & Promoting Health

*Gary Liscum*

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## **Chinese Medicinal Teas: Simple, Proven, Folk Formulas for Common Diseases & Promoting Health**

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Medicinal teas are a great complement to acupuncture and a simple, effective introduction to Chinese herbal medicine. The teas in this book are simple, containing only one, two, or three ingredients. While multi-ingredient decoctions are infamous for their bitter taste, these teas are mostly mild, pleasantly or neutrally flavored, and are quick and easy to prepare. Most contain either green or black tea, white or brown sugar, and one or two Chinese medicinal herbs. The ingredients are steeped in boiling water and then drunk as a healing beverage throughout the day.

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