

降血脂

山楂叶：10 克
玉米须：10 克
大麦：8 克

炮制：

大麦需要炒六成后使用



The Herbal Order

制法：

将三种药材混合一起放在一起制成茶包，放入 1200 克水，在热水壶中煮 10 分钟后可以饮用。喝完后再放入 1200 克水煮 10 分钟，周而复始。药材可以煮 3-5 次，之后再换新的药材。

一个疗程为 7 天，14-28 天见效。（因人而异）

作用：

用人体最容易吸收的方式摄入药物，逐步清扫身体乃至血液中的堆积物。具有他汀类及贝特类药物的特性，降低总胆固醇及甘油三酯，且不伤脾胃功能。

Blood Lipid-Lowering Herbal Tea Formula

【Daily Dosage】

- Hawthorn Leaves: 10 grams
- Corn Silk: 10 grams
- Barley: 8 grams

【Processing Method】

Stir-fry the barley until it reaches 60% doneness (appearing light brown and emitting a faint wheat aroma) before use.

【Preparation & Administration Method】

1. Mix the processed barley with hawthorn leaves and corn silk to make a tea

bag.

2. Place the tea bag into 1200 grams of water, bring it to a boil in an electric kettle for 10 minutes, and then it is ready for drinking.

3. After finishing the infusion, add another 1200 grams of water and boil for 10 minutes again; repeat this process continuously.

4. The same batch of medicinal materials can be brewed 3 – 5 times, and then replaced with new ones when the efficacy fades.

【Course of Treatment & Onset of Effect】

- One course of treatment lasts 7 days.
- The conditioning effect can be observed in 14 – 28 days (effects vary from person to person).

【Efficacy Principle】

It acts on the human body in a mild and easily absorbable way, gradually clearing metabolic deposits in the body and even the blood. It has the lipid-lowering properties similar to statins (reducing total cholesterol) and fibrates (reducing triglycerides), while being mild in nature and non-damaging to the spleen and stomach functions.