

# Roselle Detox Tisane Health Facts

## Ingredients Chart

|   | Primary  | Secondary  | Tertiary  | Quarternary   |
|---|--|--|---|---|
| <b>Name</b>                             | Roselle Leaves   | Lemongrass   | Dried Black Lime/Lemon  | Turkish Apricot and fruit bits  |
| <b>Descriptions and Characteristics</b> | Roselle Leaves ( <i>Hibiscus sabdariffa</i> ) comprised of 3 to 5 deep fanning lobes with a slender and elongated appearance. color: dark green on top with red vein. tender, edible, sour. tangy<br><b>“All Roselle species are Hibiscuses, but not vice versa”</b> | Lemongrass ( <i>Cymbopogon spp. or citratus</i> ) Family: Poaceae aromatic, stem - white of curry leave - green for medicine and tea | Dried Limes also known as Black Limes ( <i>Noomi basra, limoo amani</i> ). It is a lime which lost the whole content of water under the sun. They are used whole entire dried fruit after crushed . | Apricot ( <i>Prunus armeniaca</i> ) also known as Stone Fruit, Armenian plums. Apricot is misidentified as a smaller version of peaches but their texture is different and does not carry a lot of water like a peach. Turkish specie is yellowish orange. They are dried whole to retain their values. |
| <b>Origin</b>                           | native to West Africa<br>best production : Sudan & Nigeria, Egypt and Senegal.<br>Mass production: Thailand & China.   | no trace. grown around tropical area in Asia, Africa, Australia  | Oman, Iraq and Iran. Mainly Middle East area. and North Africa as well.   | Turkey, try to avoid fruits from California where the commercial crops are less beneficiary to our health.  |

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|---------------------------|--|--|--|--|
| <b>Traditional Usages</b> | <p>Soup - crushed leaves steamed or deep cooked &amp; outer layer of capsule:<br/> tea - capsule itself stem - Indians use them for bast fiber &amp; coloring<br/> Medicinal usage: diuretic function and laxative</p> | <p>tea - for immunity, liver health and kidney</p> <p>attract bees - beekeepers use its oil imitates the pheromone emitted by a honey bee's Nasonov gland to attract bees</p> <p>soap - fragrance for soap and cosmetics<br/> <b>medicinal</b> usage for preventing bacterial growth and yeast stimulate uterus menstrual flow</p> | <p>used to add a sour flavor to dishes, through a process known as souring. In Persian cuisine, they are used to flavor stews and soups, fish and tea.</p> | <p>traditionally they are used for salad, dessert and baked good. They have a good source of fibre and are traditionally used for digestion problems and for eye health.</p> |
| <b>Benefits</b>           | <p>2021 Cochrane Hypertension group reported Roselle for lowering high blood pressure.</p>   | <p>supplement for Vitamin A pill</p> <p>strong fragrant, relieve fever and swelling</p>  | <p>help to relieve Indigestion, <u>diarrhea</u>, and <u>nausea</u>.</p>  | <p>Vitamin A C, Iron and Calcium</p>   |
|                           |  |  |  |  |

## B. Instructions

Decoction Method: use 4 g of herbs to 12 oz of water ratio. 212 F to start and lower to simmer 180F till the water down to one cup size. I suggest to make at least 4 cups at once.

This one ounce size packet is a right amount to make one gallon of iced tea. You could store in fridget o drink cold or heat it when you need for a cup of hot tea.

Disclaimer Statement:

*“These statements have not been evaluated by the Food and Drug Administration. This tea formula is not intended to diagnose, treat, cure, or prevent any disease.”*