

Chinese Herb Highlight: Rose, Beauty for Mental Health

Rose is not just a symbol of love; it is also an herbal supplement used for lifting your mood.

In Traditional Chinese Medicine (TCM), the Liver governs “unclogging and deflation” and affects the flow of Qi and Blood. If Qi is not able to flow freely, one can easily feel irritated, angry, or emotional. We call this Liver-Qi Stagnation. This can happen when someone has demanding jobs, emotional trauma, or stay up late.

Rose is sweet and warm in nature. It helps Qi flow, smooths Liver Qi, and promotes blood circulation. Rose tea is a delicious way to benefit your mental health!

Making Rose Tea:

- Soak 2-5 dried rose buds in a teacup of hot water (140°F) for about 3 minutes.
- To avoid bitterness, avoid soaking for too long or use boiling water.
- Add honey or 1 to 2 jujubes as desired.
- Add a few Hawthorn berries to aid digestion if desired.
- Drink once a day, 3 to 4 times per week, until you feel better.

CAUTION: Since roses strongly affect qi and blood flow, do not drink rose tea on a daily basis or if you're menstruating, pregnant, or having diarrhea. Consult a TCM Practitioner to find a treatment plan tailored to your health.

Information provided by Lykos Yang, ., our Licensed Acupuncturist.

**This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist*