

**【Shenzhen】 Guilt-free milk tea for health
Medicinal drinks by Traditional Chinese medicine clinic!**



While loved by many, milk tea is undoubtedly an indulgent beverage for being high in sugar and fat. Who could believe that milk tea has now become a nourishing delight? Ren Yi Zhong Xin Tang Traditional Chinese Medicine Clinic in Bao'an District has creatively designed health-preserving herbal milk tea for milk tea aficionados! From the perspective of traditional Chinese medicine (TCM), iced and saccharine milk tea brings cold and dampness to the body, and long-term consumption would result in sub-health issues such as spleen and stomach disorders and obesity. Based on the idea of "homology of medicine and food", milk tea from the clinic incorporates medicinal ingredients suitable for the physical conditions of Chinese people to perk up both the palate and the body. No wonder it has become a new trend among the younger generation.



One of their products is Goat Milk Tea with Honeysuckle Flowers and Mint. Made from organic goat milk with warm properties according to TCM and topped with herbs like honeysuckle flowers, mint and licorice, the milk tea tastes fresh and helps clear interior heat. Another option is Goat milk with Da Hong Pao tea, a perfect choice for ladies as it is infused with red dates and goji berries to nourish blood and qi, i.e., vital energy. The clinic serves lemon tea and sour plum drink as alternatives too. Needless to say, the clinic also provides general TCM consultations, prescriptions, acupuncture, tuina massage and other treatment services. To give your body a well-deserved treat, visit the clinic for a relaxed and wholesome weekend!

【Ren Yi Zhong Xin Tang Traditional Chinese Medicine Clinic】 (仁義眾心堂中醫診所)

Address: Room 126, Block 8A, Xingfu Hai'an Garden, 143 Yulv Road, Bao'an District, Shenzhen

Getting there:

1. From downtown area: Take Shenzhen Metro Line 1. Get off at Bao'an Stadium Station and walk about 9 minutes from Exit C.
2. From East Rail Line Lo Wu Station: Get to Shenzhen Metro LuoHu Station on foot and take Line 1.
3. From East Rail Line Lok Ma Chau Station: Get to Shenzhen Metro Futian Checkpoint Station on foot. Take Line 4 and transfer to Line 1 at Convention & Exhibition Center Station.
4. From High Speed Rail Futian Station: Get to Shenzhen Metro Futian Station on foot. Take Line 11 and transfer to Line 1 at Qianhaiwan Station.

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