

Chen-Pi (*Citrus reticulata*)

Common Name: Bitter orange peel.

Description: This herb consists of the fresh peel of a mandarin orange. The whole fruit and the skin are used medicinally.

Properties: Chen-pi can be used to ease upset stomach and allergic reactions. This herb can also be used as a contraceptive.

Uses: Use chen-pi to fight allergies, diarrhea, nausea, indigestion and peptic ulcers.

Doses: This herb can be found as a tincture or tea.

Warnings: Do not ingest chen-pi if you are experiencing fever, redness on the tongue, or if you are coughing up blood.