

IMPORTANT INFORMATION

** Your Order contains grams total

15g will make tea for 45 days for 1 person using the instructions below - step 1 & step 2

Each **15 g** consists of approximately:

7.5 g chopped burdock root
5.71 g ground sheep sorrel leaves, stems
1.43 g ground slippery elm bark
0.36 g ground turkey rhubarb root

Store dried herbs in a cool, dark, dry place.

Use **15g** to make a 45 *day* supply. Adjust the numbers if you want to make multiple portions at a time.

INGREDIENTS TO USE

- One 15 g amount of tea mix
- 1.5 litres of bottled or filtered water

EQUIPMENT

You will need:

- 1 enamel/glass/stainless steel cooking pan with well-fitting lid
- 1 heatproof glass measuring jug
- 1 stainless steel kitchen sieve
- 1 stainless steel cooking spoon for stirring
- Either 3 x 500 ml or 5 x 300 ml amber glass bottles with lids (available from a pharmacy)

MAKING THE TEA - step 1 - using 15g

Before you make the tea, sterilise all equipment used for making and storage: this is vital if making the 45 day supply.

- Sterilise the pan, tops, sieve and spoon: boil in the pan with the lid on for 10 minutes.
- Sterilise the bottles and measuring jug by boiling as above or heating them in the oven at 150 C/300 F/gas 2 for 20 minutes - or see youtube video for "fast sterilise jars with microwave".
- You can use Milton or any other baby sterilising solution **but remember** to rinse equipment in cooled, boiled water at least 3 times before use.

MAKING THE TEA - step 2 - using 15g of mix

Stage One

- Pour 1.5 litres of filtered or bottled water into the pan, bring to the boil and **Then Add** the dried herbs.
- **Simmer** (not boiling please) with the lid on for 10 minutes.
- Remove pan from the heat and stir thoroughly with the spoon
- Allow tea to cool in the pan, covered, for 10 to 12 hours.

Stage Two

- Reheat the tea to steaming hot. **DO NOT BOIL.**
- Strain the tea through a sieve into the measuring jug. Do not filter.
- Pour the strained tea into the bottles. Some sediment may settle at the bottom of the bottles.
- Seal the bottles well with the lids.
- Cool the sealed bottles quickly by standing them in bowls of tepid water.
- Refrigerate the bottles once they have cooled.

DOSAGE

- **Therapeutic dose** – for rebalancing health: dilute 30 ml tea with 60 ml hot water and sip slowly once a day
- Take the tea on an empty stomach. Do not eat for 2 hours before or 1 hours after taking the tea. Many people find it easiest to take the tea at bedtime.
- **Do not take the tea at the same time as other medication.**
- **Maintenance dose:** dilute 15 ml tea with 60 ml hot water once a day. For long-term and preventative use

GENERAL TIPS FOR USING THE TEA

- When using the tea over a long period, you can take a week off every two months, which may help to enhance the body's response to the tea.
- Some suggest 6 days tea, then rest on day 7.
- Poultices may be made by placing the strained off, residual herbs into sterile dressings and applying externally to wounds and visible swellings.
- Store in the fridge, properly sealed. If any mould develops on the tea, discard the whole bottle.

It is generally safe to use alongside many medications but you should always check any potential drug-herb interactions before use.

*** *Legal Disclaimer: Please note that the tea does not replace conventional medical treatment***

You can find lots of good info on how to make the tea, and detailed info about each herb at www.thehealingherb.co.uk/instructions/

Order more stuff at TheHealingHerb.co.uk or just

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