

4 Herb Tea

Tea comes in 2 forms: POWDER or TBC (twigs & powder)

***5g will make tea for 15 days for 1 person (taking 30ml per day) using the instructions below - step 1 & step 2.
To take a higher dose, just multiply up.***

Each **15 g** consists of approximately:

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

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

Use **5g** to make a 15 day supply taking 30ml just once a day. Best is to brew every 2 weeks. Adjust the numbers to suit your choice.

INGREDIENTS TO USE

- 5 g of tea/powder
- 520ml 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 cooking spoon for stirring
- Some storage amber glass bottles with lids (or other container)

MAKING THE TEA - step 1 - using 5g

Before you make the tea, sterilise all equipment used for making and storage: this is to keep it fresh. Best to make the amount you will use in just 2 weeks so it stays fresh.

- Sterilise the pan, tops, and spoon: boil in the pan with the lid on for 10 minutes.
- Sterilise the storage container(s) for the brewed tea, 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 5g of mix

Stage One

- Pour 520ml of filtered or bottled water into the pan, bring to the boil and **Then Add** the herb powder.
- **Simmer** (not boiling) 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 12 hours.

Stage Two

- Stir the tea to mix the sediment.
- If you used the tea with larger herb pieces (not just powder), you can strain it.
- Pour the tea into storage container. Some sediment may settle at the bottom of the bottles.
- Seal the container well with a lid.
- Refrigerate.

DOSAGE

- **Therapeutic dose** – for rebalancing health: take cold 30ml tea twice/thrice 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 and morning.
- **Do not take the tea at the same time as other medication.** (Black tea, coffee, juice, water, herbal tea, are not food, but do avoid protein).
- **Maintenance dose:** take cold 30ml tea once a day for long-term and preventative use.
- Vary the dosage according to your preference and goals.

GENERAL HINTS/TIPS FOR USING THE TEA

- Store in the fridge, properly sealed. If any mould develops on the tea, discard the whole bottle.

It is our opinion that the tea is generally safe to use alongside medications/steroids etc.

**** 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**

Order more stuff at TheHealingHerb.co.uk or just email me:

contact@thehealingherb.co.uk