

## Preparing Teas

**Gentle Detox Tea:** This tea is used in the fall and winter months. It is made primarily from roots; therefore it needs to be decocted. To do this, add 1 tablespoon to 8-12 oz of filtered water. Bring to a boil and then simmer for 15 minutes. Strain and drink.

**Spring Clean/Blood Cleanse Tea:** This tea is primarily made from the leafy parts of plants, and used in spring and summer. To prepare it, simply add 1 tablespoon/8-12 oz of hot filtered water, steep for 5 minutes. Strain and drink.

You may make the tea in the morning for the whole day. Simply add 3 tbsp of tea to 24-32 oz of water. The amount of water can vary depending on how dilute/concentrated you like your tea. You can drink it cold or re-heat it (on the stove top, not in a microwave). Enjoy!

## Tea Ingredients

All herbs are either organic or wild crafted.

**Gentle Detox Tea:** Yellow dock, Burdock, Oregon Grape root, Dandelion root, Licorice root, Marshmallow root, Pau d'Arco, Milk Thistle, Fennel Seed, Ginger Root, Cinnamon Bark, Orange Peel.

**Spring Clean/Blood Cleanse Tea:** Red clover blossom and leaf, Dandelion leaf, Boldo leaf, Nettle leaf, Lemon Balm, Spearmint, Yarrow flowers.