

Blood_Detox_Formula_2003.txt

BLOOD DETOX FORMULA 2 OZ. AMBER BOTTLES
Suggested use: While on the Liver Cleanse

1	CUP	RED CLOVER BLOSSOM (DEEP PURPLE)
1	CUP	CHAPARREL
1	CUP	POKE ROOT
1/2	CUP	LOBELIA
1/2	CUP	YELLOW DOCK ROOT
1/2	CUP	FRESH GARLIC BULB (NOT DRIED)
1/2	CUP	BURDOCK SEED & ROOT (1/4 cup of each)
1/2	CUP	MULLEIN
1/2	CUP	GOLDENSEAL ROOT
1/2	CUP	OREGON GRAPE ROOT
1/2	CUP	BLOOD ROOT
1/2	CUP	PERIWINKLE FLOWERS
1/4	CUP	CAYENNE PEPPER IF WHOLE OR CRUSHED OR 1/8 CUP IF POWDER

Use standard base alcohol/distilled water base options.

Soak Blood root for 24-48 hours in base.

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When Blood root is ready, then mix the rest of the herbs in a bowl. Blend in batches adding some pre-soaked Blood root to each batch until everything is blended and in the jar.

Formula Revised By Doc August, 2003

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