

Blood_Detox_Tea_2003.txt

3.5 oz. per package

BLOOD DETOX TEA

Suggested use: While on the Liver Cleanse

- 2 CUPS RED CLOVER BLOSSOM (DEEP PURPLE) (cut)
- 2 CUPS CHAPARREL (cut)
- 2 CUPS POKE ROOT (cut)
- 1 CUP LOBELIA (cut)
- 1 CUP GARLIC GRANULES (flakes if available)
- 1 CUP BURDOCK SEED (whole) & ROOT (cut) (1/2 cup each)
- 1 CUP YELLOW DOCK ROOT (cut)
- 1 CUP GOLDENSEAL ROOT (cut)
- 1 CUP OREGON GRAPE ROOT (cut)
- 1 CUP BLOOD ROOT (cut)
- 1 CUP MULLEIN (cut)
- 1 CUP PERIWINKLE FLOWERS (cut)
- 1/2 CUP CAYENNE PEPPER WHOLE OR CRUSHED OR 1/4 CUP IF USING A POWDER

Note: All herbs are dry.

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Use clear, plastic sandwich bags to package your tea. Put the label on and fold the top of the bag under and tape.

You will notice that the smallest size herbs tend to settle to the bottom. When packaging a tea, scoop all the way to the bottom to distribute the smallest size herbs into all of the tea packages.

Revised by Doc 08/03

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