

Honey-Balls\_Mixed\_With\_Herb\_2004.txt

For anyone that wants the benefits of a herb without tasting the nasty stuff (cayenne) You could make a honeyball.

Take the amount of herb you want to take daily- (make a couple days worth it easier-this is also good for kids) The herb needs to be powdered.

Mix in just enough raw honey to make a stiff clay like consistency.

Roll it into a rope shape and cut it into single doses.

( 8 doses of herbs 8 pieces of honeyballs)

You can pinch the ball apart and swallow whole or chew or whatever.

Store in frig.

With the Info. I got on how to make these- it stated-

honey helps the digestion and assimilation of herbs.

I haven't tried this with cayenne.( I know the taste of herbs is important in how they work- but I would think taking them this way would also serve in some ways.)

June