

Liver\_Gallbladder\_Tea\_2004.txt

And here's my version of Doc Christopher's 17 herb detox tea for the Liver, Gallbladder and the Pancreas. I use only 15 of those herbs ;o)

All parts are by volume and not weight.

The Liver/Gallbladder/Pancreas Tea

2 parts Roasted Dandelion Root

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1 part of each of the following:

- Cinnamon Bark
- Cardamon Seed
- Licorice Root
- Juniper Berry (Mono Sperma is best)
- Ginger Root
- Clove Buds
- Black Peppercorns
- Uva Ursi Leaf
- Burdock Root
- Pau d' Arco
- Fennel Seed
- Horsetail Herb
- Orange Peel
- Parsley Root

This tea tastes great.

Love,

Doc

Ian "Doc" Shillington

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