**How To Make Herbal Tea**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**Make This Tea As Simple As Possible, It's Best To Make It All At Once And Drink 3 X A Day**

**1.** In a non-aluminum pot, put 30 ounces of filtered water and put 2 Tbsp. of each hard herb

(or the maximum amount of herb you are allowed to have for the day) in the pot and mix

the herb/s into the water well.\*\*\*

**2.** Turn the timer on for 40 minutes.

**3.** Turn the flame on high.

**4.** When the water comes to a rapid boil, turn flame down to very low, put a lid on top and

simmer till the timer goes off.

**5.** When the timer goes off, turn the flame off and remove the pot to a burner that is not hot.

**6.** Now add 2 Tbsp. of each soft herb and be sure to mix them in the water so they get wet.

**7.** Put the lid back on and set the timer for an additional 20 minutes (this is called steeping)

(You WILL NOT BE TURNING THE FLAME BACK ON AT THIS TIME)

**8.** When the timer goes off, Strain the tea into a 32 oz. Mason Jar (should give you 24 oz.)

**9.** May add honey at this time while it's hot, but it's best to drink the tea plain.

**10.** Drink one 8 oz. cup/3 x day (30 min before breakfast; 3 min before 2nd meal; 3 hours before bed)

**11.** Best to make this in the morning before starting your day, OR, if necessary, before bed the

night before.

\*\*\* Some herb directions require less than a total of 2 Tbsp. each day. Only put the maximum

allowed for that herb when following the above. HOWEVER, MOST HERBS ALLOW 2 TBSP. EACH DAY, which is 2 tsp., 3 x day.

**Note:**

**HARD HERBS =** roots, barks, stems

**SOFT HERBS =** flowers, petals, leaves