

## How To Make Herbal Tea

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

### **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