

This information should be considered by all new users of 'Burdock Blend' Tea.

It's highly recommended **not** to take the full suggested amount right away, if this is your first time taking this tea, **OR** if you hadn't taken it for over a month or more & are starting back up. (Regular 'maintenance' dose 1-3 oz/day) Measure out ½ to 1 oz. of ready made tea, **THEN** always dilute 1:1 using the same water the tea was made with, and take this for **3** days, once a day. To reiterate: whatever amount of tea you measure out to take, this **MUST** be diluted with the same amount of water, as mentioned above. If no headaches or side effects (like stomach upset), then increase amount by 1/2 to 1 oz of the brewed tea for an additional 3 days (diluted 1:1) **WITH equal amounts** of distilled or spring water, and so on. This allows your body to gradually adapt to the potency of these herbs, hopefully without side effects. If getting headaches or other symptoms, stop for a couple of days, then take a bit less for a few days, gradually increasing the amount every couple of days until there are no side effects. It takes me 2 weeks to build up to a dose of 3 oz. of tea per day, as each person adapts differently. Some more quickly than others. [Making instructions are on a separate small sheet of paper.]

As the tea will only last for *about* 14-16 days in the frig. I was having to throw it out by not being able to drink it quickly enough, thus if you're a first time user, you may want to use the preservation method below of freezing some of it. Each package (2 oz. [57g]) of Burdock Blend should last ABOUT two weeks at the full 4 oz. per day intake. A lesser dose will not use up the batch, so after about 14 days, be sure to smell the tea first, as it may begin forming mold after this time, if you've put the whole batch in the fridge. [Alternatively, you can also put ½ or more of the tea in the freezer until needed. It doesn't diminish the capability of the tea, and for new users who won't use it all in 2 weeks, it could save you from having to throw some out.]

You can gently stir beforehand, as a bit of the left over residue on the bottom is fine. **Smell it after 1 ½ - 2 weeks before consumption though**, to be sure it's still fresh enough to use if you didn't freeze any. It should be stored, covered in glass containers of some sort, canning jars or Corning Ware or glass tea or coffee pots work well. **STERILIZE CONTAINERS** with boiling water, **not bleach**, before usage. A 2 oz. (57g) batch of the tea blend, prepared in 10 cups of distilled water will give you a little less than 2 quarts.

The Tea **DOES Not NEED TO BE HEATED TO DRINK**. It's rather pleasant tasting and can be taken cold, heated, or at room temperature. Not necessary to sip it, you can drink it right down, **but it is important to not have eaten OR taken any medication within at least 1 hour prior to, AND 1 hour after drinking the tea**. I've read many times where doing so, can make you quite sick, thus no benefit from the tea. **NEVER HEAT in the MICROWAVE !** Although, if you prefer it warm, you can heat the distilled or spring water in the microwave, then add to the tea to take the chill off, if it just came out of the frig. **AO**r if you prefer, you can heat the whole amount on the stove. **ALWAYS REMEMBER – equal parts of the TEA diluted with equal amounts of the water!**

Use only stainless steel utensils and distilled or spring water. Clean cheesecloth works quite well as a straining device, however, a little trick I've found quite useful, is to simply allow the finished tea product to settle in the bottom of the pot, and pour off the liquid slowly. When the residue in the bottom becomes disturbed, all it to settle again, then pour off more of the tea. When you get to the last portion, you can pour all of it into a tall glass container, (canning jar works well) and allow the residue to settle to the bottom again. Slowly pour off the tea again. It's fine if you get a bit of residue mixed into the ready made tea, as it won't do any harm. Too much though may scratch your throat a bit.

When steeping the tea, don't be concerned if it sits longer than 12 hours before being reheated and strained. Some recipes even suggest to steep up to 16 hours, so *you don't need to rush home* to strain it right at 12 hours.

A couple more hours will not hurt.

PLEASE OBSERVE the WARNINGS FOR THOSE who should NOT drink this TEA found in the document 'Possible but not common Side Effects' and in the document called 'Who Should Not Take the Tea' & discontinue if symptoms arise and persist.

8 CUPS = 2 QUARTS = 2 LITRES = 64 fl. Oz. 4 CUPS = 1 QUART = 1 LITRE = 1,000 ml 2 CUPS = ½ QUART = 500 ML (1/2 litre)

Therefore, 10 CUPS water = 2 ½ QUARTS or 2 ½ LITRES which is the amount for one: 2 week batch of tea. (2 oz. [57g] of the herb blend) - which will shrink to a bit less than 2 quarts due to evaporation.

All herbs used are 'Certified ORGANIC' & Kosher. The '**Burdock Blend**' from **Apple Tree Bulk Herbs** contains Burdock Root, Sheep Sorrel Herb, Slippery Elm Inner Bark, & Turkey Rhubarb Root.

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