

PREPARATION: Add contents to 10 cups of spring or distilled water in large st. steel pot & bring to a boil, then reduce heat to a slow rolling boil for 10 minutes, partially covered, to retain Essential Oils. Turn off heat & let steep (covered) for 12–16 hours; re-heat just prior to a boil, allow to cool, then strain through cheesecloth & bottle in sterilized jars & refrigerate, [or store some in freezer until needed]. **Alternative to straining:** Allow concoction to settle in the pot, then slowly pour off the steeped tea leaving residue on bottom of pot. If residue begins to mingle, allow to settle again then pour off remainder of tea. A bit of the residue may be in your brew, this is ok, but try to eliminate as much as you can as it could scratch your throat a bit. **Never heat in a microwave.** **DIRECTIONS FOR USE:** Stir and mix 2 oz (or more) of tea with same amount of water (spring or distilled) not tap nor Reverse Osmosis. Take on an empty stomach, one hour before or after eating or taking any other medications, once or twice a day. When taking for first time, take less than 2 oz if you get headaches or upset stomach. Build up to 2 – 4 oz (or more) once or twice a day over the period of 1 or 2 weeks if need be, while your body adapts to it. Always dilute by the same amount of same water as was used to make it. Is fine if taken cold or at room temperature. Never add anything to the tea. In the refrigerator, the tea will be ok for about 2 weeks – so smell it before consumption after that time. **Or, as mentioned above, freeze some of it and thaw as needed, it and you won't have to worry about it becoming mouldy.** More info re: dosages found in other pdf documents at <http://www.appletreebulkherbs.ca/pdf-docs-re-burdock-blend-tea.php>

[When you decide to go off the tea, it's imperative that you wean yourself off the tea slowly, just as you had to wean yourself onto it. Give your body a change to adjust to the change of not taking it. Also, had you used this tea for a cancer situation, and you're clear of that now, it's very important to consider taking a maintenance dose of this tea for 2-3 months, 2-3 times each year. A maintenance dose can be 2 or 3 oz. per day, once a day. If you've had cancer, you're a prime candidate for getting it again at some point down the road. Some Oncologists will tell you in about 5 years it will show up again somewhere else in your body. It can come back in less than 5 years too. So, again, consider taking maintenance doses 2-3 times a year to prevent a return.]

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