

BREW LIKE LIFEWAVE

The Hayah Mitwal Double Brewing Tea Method

Step 1 - get a pot of water just a little over half way full and place it on the stove



Step 2. Add your herbs to a food grade jar of clean drinking/spring water



Step 3. Place the jar in the pot of water, there should be enough Water in the pot to half way submerge the jar, as the tea brew add water to the pot so that the jar dont crack from lack of water in the pot .



Step 4. Turn the stove on medium heat and let the herbs brew until they are ready, you will see the color of the tea get darker which lets you know the herb medical properties have been extracted . Drink the tea not the hard particles though & Do not pick up the jar when everything is too hot .

