

Homemade “Aspirin” Tea (Willow Bark Tea)

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Ingredients (1 serving):

- 1–2 teaspoons dried white willow bark (ground or crushed)
- 1 cup water
- Optional: ½ tsp honey or a small slice of ginger for flavor

Instructions:

1. Crush the bark: Use a mortar and pestle or finely chop the dried bark.
2. Boil the water: Bring 1 cup of water to a gentle boil.
3. Steep the bark: Add the crushed willow bark to the hot water.
 - Reduce heat and simmer gently for 10–15 minutes.
4. Strain: Pour the tea through a fine mesh strainer or cheesecloth to remove bark pieces.
5. Flavor (optional): Add honey, ginger, or a slice of lemon to make it more pleasant.
6. Drink warm: Sip slowly.

Dosage tips:

- Start with ½ cup per day to see how your body reacts.
- Maximum: 2 cups per day, as too much salicin can irritate the stomach.

Storage:

- Tea can be stored in the fridge for up to 24 hours. Reheat gently before drinking.

Cautions:

- Do not use if you are allergic to aspirin.
- Avoid if pregnant, breastfeeding, or taking blood thinners.
- Watch for stomach upset, nausea, or unusual bleeding.

Can also make “willow bark extract.”