

INSTRUCTIONS

HOW TO MAKE TEA

Note:(if taking cycle of life tea package) -Each Package of tea must be made in its own pot and not mixed with other packages of tea while making or drinking

- Take 2 oz of Herbs**
- 18-20 oz of Spring Water**
- Boil in Pot at high for 5 minutes**
- Turn down to low and simmer for 35 minutes**
- Strain and Drink**
- You should be drinking a cup of each packaged tea together in three different cups**
- Should be drank 30 minutes after last meal and your least meal should be at 7:30pm**

