

Boil 16 ounces(2 cups) of distilled water

Once water comes to a boil, remove from heat

Add 3 teaspoons of herbs to water or tea bag if you have one, let steep 30-mins

Strain(if not using a tea bag), Drink all of it

Drink preferably 3 times a day but at least two times a day

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\*\*\*It's ok to make enough tea to last you the entire day, just double or triple all of the ingredients depending on how much you are trying to make

\*\*\*You can reuse the herbs one time before throwing away. Refrigerate used herbs in a glass tightly sealed jar, reuse within 48 hours. The tea will not be as strong, but they will still work. I do this frequently.

\*\*\*I strongly recommend you eat only fruits and vegetables to get the best results. Your body deserves a break and some extra TLC 😊