

Remedies from God's Book of Nature™

THE MIDNIGHT BLUE PAPERS

METHODS OF TREATMENT

HEALTH NUGGET

USING NATURAL REMEDIES FOR COMMON AILMENTS

DISCUSSION

In the arena of Medical Missionary work, within the over-arching subject of Natural Remedies, we would like to bring to your attention the use of **Herbal Teas and Infusions**. Herbal **tea** is typically **less concentrated**, using less of the contributing plant(s), and is steeped for a short time. These are usually prepared by the cupful, often used for pleasure or refreshment, and consumed promptly. An herbal **infusion** is **concentrated**, using considerably more of the necessary plant(s), and is steeped for longer periods. These can be prepared in larger amounts, are used for medicinal or therapeutic purposes, and their shelf life depends upon the plants used. Here, we will focus on the preparation of **Herbal Teas**.

Teas and infusions can be made from nearly any part of a plant; including **bark, fruits, flowers, herbs** (aerial parts), **leaves, roots, seeds, and stems**. Each part of the plant can contribute different flavors and beneficial compounds. The part of the plant used, and the amount of time needed to extract the desired properties relates directly to the remedy sought. The process by which this extraction is performed using delicate parts such as fruits, flowers, herbs, or leaves, is called **steeping**. A similar process of extraction for firm or solid parts such as bark, roots, seeds, or stems, is called **brewing**. The amount of time needed to extract the desired colors, flavors, or beneficial effects varies by the tea type. Depending on the purpose of the resulting mixture, the beverage may be served hot or cooled.

As this is not a classroom setting, the information we intend to impart should be considered general in nature. We will field questions, comments, concerns, and/or suggestions after this gathering. *(Please note; from the point of view of Traditional Western Medicine (TWM) and for legal reasons, this information is provided solely for educational purposes and is not intended to diagnose, treat, or cure any disease or disorder.)*

METHODS OF PREPARATION

The parts used to make herbal tea may be obtained in **bulk** or **prepared** as a *single herb* or in a *blend*. For example, a popular brand, [Traditional Medicinals](#), provides organic options for both, like [Peppermint](#) or [Breathe Easy®](#) which can be purchased at almost any storefront and online. However, for our purpose, we will focus on a single herb to be prepared from a bulk supply of herbs. This would be considered a *loose-leaf* tea.

SUPPLIES NEEDED

- Bulk supply of the herb desired; **Rosemary** (fresh or dried leaves).
- Fresh, filtered, or bottled water; at *least* one-half (½) liter or **16.9 oz.**
- A [two-quart](#) stainless steel sauce pan (pot) w/ lid, traditional [stove top](#) kettle, or [electric](#) kettle.
- Spoon (tea/soup/measuring); knives (Paring or Chef); paper towels; cutting board; mug/cup of desired size; reusable or disposable [tea filters](#), or a tea [infuser/strainer](#).
- Miscellaneous; citrus fruits, honey.

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A DEFINITION OF DISEASE

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. – {[MH 127.1](#), see also 127.2-4}

DISCLAIMER

The information or statements contained herein are provided solely for educational purposes and are **NOT** intended to treat, diagnose, or cure any disease or disorder.

BASIC INSTRUCTIONS

- 1) Begin by heating the water; bring to a **rolling** boil. (Terminate heat source once realized.)
- 2) Add **one** tablespoon (or soup spoon) of bulk herb to filter, and then securely close.
- 3) Add prepared bulk herb to heated water.
- 4) *Optionally*, citrus fruit and honey may be added to the heated water to achieve the desired taste.
- 5) Allow the tea to steep for *at least* ten (10) minutes. If using the saucepan, do affix the cover. If using only the cup/mug, a napkin or paper towel may be used to cover. This action traps the steam in close proximity to the liquid to concentrate the mixture and prevent contamination by unneeded debris. (The longer the tea steeps, the stronger the tea becomes.)
- 6) Stir occasionally to incorporate all ingredients.
- 7) Pour an amount of the now steeped tea into the mug/cup.
- 8) Allow mixture to cool to a tolerable temperature before drinking. **Enjoy!**

A [demonstration video](#) is available for review on YouTube.

RECOMMENDATIONS FOR PRACTICAL USE

A cup of tea can be enjoyed at any time of day. However, in keeping with our approach to nutrition, and specifically digestion, we should be careful to ingest teas at optimal times. Special attention should be given to eating and drinking habits and schedules. As we progress in our understanding of general nutrition, we will delve into these specific issues.

Herbal teas and infusions are effective and powerful tools for the alleviation of many ailments. As you review this topic, please consider [Exodus 15:26](#), [James 1:5](#), and [3 John 2](#).

We thank you for your time and attention.

FREEHAND NOTES

OVER-ALL NOTES

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FREEHAND NOTES