

Defy the Odds

WELLNESS



Congratulations on choosing to make your own therapeutic herbal teas! Tea-making is an ancient process used to improve health and contribute to overall well-being. Using freshly harvested herbs from a reputable source (see below) is BY FAR superior to buying manufactured tea bags online. Herbs that are grown and harvested correctly retain their health properties and are way more likely to help you accomplish your goals. Tea-making is a very intuitive process, so don't get too hung up on the ratios. When in doubt, ASK ME!

Decoction

USE FOR: tougher parts of the plant (root/bark/berries/slices)

- 1. Bring half a gallon of filtered/purified water to a boil. Add around 2-3 oz of herb**
 - a. If you are doing multiple herbs in one batch, you might do one ounce of each.
 - b. More herb = stronger brew; less = lighter
- 2. Once boiling, turn the heat down to a low simmer and let it gently simmer for around 60 minutes, watching and stirring occasionally**
 - a. Minimum 40 minutes; maximum 90 minutes
- 3. After the designated time, let it cool and strain the herb.** I like to save the tea in Mason jars, 32 oz or larger.

***PRO TIP:** once it's on a low simmer, you may also add the lighter parts of the plant to this same brew. Just don't add them before you turn the water down from a boil.

***Keeps good for about 5 days**

***GENERAL DECOCTION RATIOS:** 1-2 ounces of herb to 16-20 ounces of water

Infusion

USE FOR: lighter parts of the plant (leaves, flowers, stems)

This method resembles that of pouring hot water onto a teabag and letting it sit. Think of that process minus the teabag – using loose herbs in a strainer instead

- 1. Bring 32 oz water almost to a boil. Fill a small tea strainer with 2-4 Tbsp of herbs total** (stainless steel mesh strainers can be found on Amazon; ASK ME for a link).
- 2. Place the strainer in a 32-oz Mason jar and pour the hot water over the strainer into the jar.**
 - a. ***NOTE:** It is wise to have some kind of metal, like the strainer, touching the glass jar with water this hot. Metal conducts heat to prevent the glass from breaking.
- 3. Cover and let sit for about 20 minutes. Add ice or let it cool and drink.** Enjoy!

***PRO TIP:** If you made a strong brew the first time, you can pour hot water over the same herbs again for a second brew!

****GENERAL INFUSION RATIOS:** 1 Tbsp of herb to each 8 ounces of water

How Much Tea Do I Drink?

Generally, it is recommended to drink 2-3 cups a day of an herbal formula, but each brew varies! You may also start with 1c a day to acclimate to taste. If unsure, ASK ME!!

Where Can I Buy the Herbs?

DandelionBotanical.com (my top pick for freshness)

MountainRoseHerbs.com

PlumDragonHerbs.com (has more of the Chinese herbs and those that are hard to find)

B-Alive Vitamins in Fresno

Defy the Odds and Take Your Health Back

DISCLAIMER: This information is for educational purposes only and is not meant to diagnose, prescribe, or treat any ailment, injury, defect, or disease. Please always consult your physician before attempting a new regimen, as this information is not meant to replace or provide personal medical advice or make medical claims. I am not a doctor.