



*Start Spring  
Off Right...  
Rejuvenate  
Your Liver!*

## Liver Loving Tea

3 parts Dandelion Root  
2 parts Burdock Root  
2 parts Milk Thistle  
1 part Oregon Grape Root  
1 part Fennel Seed  
1/2 part Parsley Root  
1/2 part Fenugreek Seed  
1/2 part Ginger Root  
Honey or Maple Syrup to taste if  
desired when tea has been made

### **Directions:**

Mix all the dry ingredients and store in an air tight container out of direct light or heat.

Place 1 oz of the mixture into 1 pint of water and bring to a boil. Reduce heat and simmer until water is reduced by half. Strain and remove the herbs. Add fresh water to the concentrated tea to make 1 pint. Add honey or maple syrup if one likes their tea sweetened.

### **Disclaimer & Warnings:**

Do not use when pregnant or breast feeding. This recipe has not been evaluated by the U.S. Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.



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