

# Herbal Legacy Recipes

## Calc Tea with Hibiscus

by Traci Sellers



*Left to Right: Warm Calc Tea with Hibiscus, Chilled Fruit Punch Calc Tea with Hibiscus, and Calc Tea with Hibiscus popsicle.*

*Unlike most calcium supplements which give you calcium that is either an inorganic mineral or in a isolated form that your body doesn't have the components to utilize, Dr. Christopher has put together a combination of plants in their whole state which contain all the building blocks for calcium that are very assimilable. This works far more efficiently as your body will not have to break some other form of calcium down and then rebuild it to suit your needs, it can simply assemble the perfect combinations because it is given a rich supply of all the right constituents. This may be used warm, or is better chilled for a refreshing "punch". I have also been known to pour it into popsicle molds for my kids. This is especially good for teethingers who like the cold and use the extra calcium for the new teeth, and for sore throats. When people are sick, their bodies will create an acid pH temporarily to boost immune function. This acidity is buffered by calcium (hence getting aches all over) and so this drink is excellent way to make up for lost calcium when ill. A 'part' is whatever you make it. If you are making a small amount, it can be a teaspoon, if you're making a lot, it can be a ¼ cup or a whole cup.*

- 6 parts horsetail grass
  - 4 parts comfrey leaf
  - 3 parts oatstraw
  - 1 part lobelia
  - 2-3 parts dried hibiscus flowers (to taste, get enough to do a good job of making it taste good)
1. Place 1 teaspoon dried herbs and hibiscus in an infuser.
  2. Pour 1 cup boiling distilled water over the herbs, cover cup and let steep about 10 minutes.
  3. Remove tea leaves and sweeten to taste with honey if desired.
  4. Alternately, herbs may be placed in the brew basket of a commercial coffee machine and water run through to make a pot of tea.

Hints: I make up a large pitcher of this at once and keep it in the fridge. It makes it more convenient that way. I use about ½-¾ cup of herbs to a gallon of water.

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