

Elder Tea

From Dr. Christopher's School of Natural Healing book

Flu remedy, fevers, inflammation

• 1 ounce Elder flowers

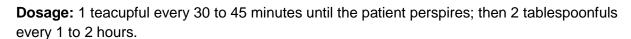
(Sambucus canadensis)

1 ounce Peppermint leaves

(Mentha piperita)

Preparation: Place in appropriate vessel and pour 1/2 pint (2 cups) of boiling distilled water over the herb, cover tightly and keep

warm on stove for 15 minutes, strain and cover immediately and keep warm.



Administration: This tea taken hot will break down congestions, equalize circulation, and restore a functional equilibrium. Keep patient well covered in bed overnight; then sponge the body in the morning with equal parts of apple cider vinegar and water (this will act as a tonic and cleanse waste from the pores). For children: Give smaller doses and sweeten. (SNH)

