

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

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.

Dosage: 1 teacupful every 30 to 45 minutes until the patient perspires; then 2 tablespoonfuls every 1 to 2 hours.

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)