

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Herb Tea Preparation

from Littlegreen Inc's Think Tank

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From the Transfiguration Diet

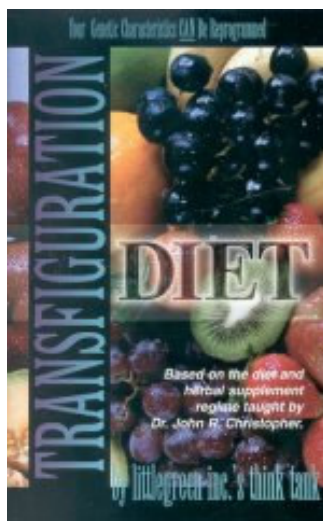
To make an **infusion** (a tea made from leaves, flowers or stems): Bring distilled water to a boil. Remove from heat. Add the herbs to the water and steep 10 to 15 minutes. Strain and serve plain or with an optional teaspoon of honey.

To make a **decoction** (a tea made from bark or roots): Add herbs to cold distilled water in a pot. Slowly bring the water and herbs to a boil on medium heat. When it reaches boiling, turn down to low heat and simmer 30 minutes. Strain and serve either plain or with an optional teaspoon of honey.



Beverage teas (infusions or decoctions) are usually made with 1 slightly rounded teaspoon of the herb to 1 cup of water.

Medicinal Teas can be made much stronger, using as much as 1 to 2 oz. of an herb to 1 ½ pints of water. One ounce of leafy or flower herbs is about one handful.



http://www.christopherpublications.com/Littlegreen_Transfiguration.html

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