

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Menopause Tea

From Page 158 in the Grow It Heal it book



4-6 teaspoons fresh or 2 teaspoons dried nettle herb
2-3 teaspoons fresh or 1 teaspoon dried vitex berry
2-3 teaspoons fresh or 1 teaspoon dried ligustrum berry
2-3 teaspoons fresh or 1 teaspoon dried lavender flower
2 teaspoons fresh or 1 teaspoon dried fennel seed
2-3 teaspoons fresh or 1 teaspoon dried licorice root, or stevia herb to taste
3 cups purified water

Optional

1 teaspoon dried black cohosh root
1 teaspoon dried dang gui root

Place the nettle, vitex, ligustrum, lavender, fennel, licorice or stevia and optional black cohosh and dang gui in a saucepan. Pour the water over them and stir to thoroughly combine. Cover and bring mixture to a boil. Reduce the heat and simmer, covered, for 15 minutes. Remove from the heat and let steep, covered for an additional 15 minutes. Strain and compost the herbs. Drink up to 3 cups a day as needed. You can make a larger batch and store it in the refrigerator for up to 3 days.

