

# Slippery Elm Gruel

1 t. slippery elm powder  
1 pint distilled hot water  
Pinch of cinnamon (optional)

Make a paste by adding hot water, a little at a time, to the slippery elm powder while stirring. Be sure to stir quickly as it will become gelatinous. Add cinnamon if desired. Take ½ pint, 1 to 4 times a day.

This gruel can be taken to calm an upset stomach from acidosis, calm nausea and nourish the body, when no other substance can stay down in the stomach, and for weak individuals or babies.

Recipe from The School of Natural Healing book