

BLOOD CLEANSING HERBS

This combination of herbs works on the bowels, liver and cleanses the blood. It is best used on a regular basis. Make it a long term part of your health plan as over the years it will cleanse and rebuild.

Burdock: A bitter herb that reduces inflammation and controls bacterial infection. It is used for skin diseases and inflammatory diseases due to chronic toxicity eg eczema, psoriasis, gout.

Buckthorn: A bitter, cooling purgative herb that cleanses toxins from the tissues and has diuretic effects. It is used internally for constipation, skin diseases, intestinal parasites and gallstones.

Licorice Root: A sweet, soothing herb that is anti-inflammatory and expectorant, controls coughing, has hormonal effects. It detoxifies and protects the liver. Used for adrenal exhaustion, asthma, bronchitis, coughs, peptic ulcers, arthritis and allergic complaints.

Chaparral: A strong-scented herb, aids adrenals, digestion, kidneys, liver, immune system, arthritis, is an anti-oxidant, is used to treat various forms of cancer.

Red Clover: A sweet, cooling herb that relaxes spasms, has diuretic and expectorant effects. Used for skin complaints; breast cancers, ovaries and lymphatic system, chronic degenerative diseases, gout, whooping cough and dry cough. It cleanses the blood stream.

Cascara Sagrada: A bitter astringent herb, has a tonic effect on the liver and digestive system and acts as a laxative. Used for chronic constipation, colitis, digestive complaints, hemorrhoids, liver problems and jaundice.

Dandelion: A bitter herb that acts primarily as a tonic especially for the liver. It is used for menstrual problems and anaemia.

Cat's Claw: A great herb that is viral, fungal and targets the immune, intestinal and cardiovascular system.

This is a very effective blend of herbs that will work with one another. The tea needs to be simmered and can be stored in glass bottles in the fridge for up to two weeks. Take in the morning (take 1 day off each week) by pouring into a glass. Add hot water to make it lukewarm so you can drink it. The taste is not the best, but you do get quite used to it.