



## PREPARATION OF THE HHA 4-HERB TEA

### BULK HERBS SUPPLIES NEEDED:

- \*Stainless Steel or enamel canning pot with lid. Never use aluminum.
- \*Another large pot to pour hot liquid into while you strain it.
- \*This can be Pyrex, stainless steel. \*Mesh strainer (simple kitchen one is fine) and spoon and label
- \*32-ounce amber glass bottles to store your finished product in. They need to be amber, as the formula is light sensitive and will not stay as potent. You can also use clear jars, but you need to put them in a brown paper bag or wrap in aluminum foil to keep the light off of the formula.

### PROCEDURE TO MAKE YOUR TEA

To make two-gallon recipe - Mix the four herbs together. (approximately 1 cup) You may cut the recipe in half if you wish, but we do recommend that you halve each package of herbs first, then mix them together. Just flatten the bags out and cut down the middle to get half. The reason for this is that the powdered herbs, such as the Turkey Rhubarb fall to the bottom and your recipe will not be evenly divided if you don't split them first.

Full recipe - Bring two gallons of water to a boil. If using only half of the herbs, bring 1 gallon of water to a boil. Stir in herbs, replace lid and boil for 10 minutes.

Turn off stove, scrape down sides, mix well and allow pot to sit and remain closed for 12 hours. (This is the steeping and extraction process.)

Reheat to almost boiling, about 10 minutes. Let cool just a little and begin straining process. Strain as many times as you like. A little herb left in the liquid will not hurt it in any way. Reheat your liquid once again. 2 - 3 minutes only. This will kill any bacteria that may have landed in your liquid and help keep it from spoiling.

Using a funnel or a glass measuring cup, put your hot liquid into preheated bottles. You can heat the bottles in the oven - 200 degrees - 5 or 10 minutes. Do not put caps in oven!

Cap, let cool and then put in the refrigerator. This will be good for two weeks. Label the day you made it and the day it expires. If you have some left over after two weeks, re-boil it. This will sterilize it and not harm the formula. Discard any re-heated tea after 2 weeks and make a new batch.

**NOTE:** Other companies may have directions that vary slightly, however, these are the directions that we have used for years and have proven very successful.

This procedure is not hard. In a nut shell: put herbs in pot, add water, follow instructions and strain.

### DIRECTIONS FOR USE

Mix 2 oz. of herbal liquid with 2 oz. of hot water. Never heat this formula or the hot water in a microwave! If you have a microwave, read the Microwave Article - <http://www.herbalhealer.com/microwave.html>

Herbal tea should be taken on an empty stomach to allow for better absorbability. Always take before eating. Wait 10-20 minutes before eating. This formula can be taken 1 to 4 times per day. The herbal formula is nontoxic in proper doses. These herbs do stimulate the body to throw off toxins and therefore it is important that you drink plenty of clean spring water and have regular bowel movements. 3 - 4 times a day as a supplement for cancer and serious ailments. People that have had or are taking chemotherapy, should start with 1 time per day and increase in a week. Tea is taken twice a day for chronic problems, like psoriasis, and 1 time a day for maintenance and protection. Safe for long term use. We have many members who have been taking this tea for 5 years or more. Many of them were supposed to be dead by now!

*HERBAL HEALER HERBS ARE ALL ORGANIC AND TRUE TO THEIR NAMES.*

*BEWARE OF HEALTH FOOD STORE HERBS, MANY ARE IRRADIATED AND OLD STOCK THAT MAY NOT BE MEDICINALLY POTENT. WE ARE THE NUMBER ONE GLOBAL SUPPLIER SO OUR HERBS ARE FRESH!*