

Liver and Diuretic Support Tea

Equal parts:

- dandelion root
- dandelion leaf
- yellow dock root
- oatstraw
- hops
- raspberry leaf
- chickweed
- comfrey leaf

Decoct (simmer) the roots in a quart of water first for 20 minutes or longer if you forget what you're doing like I did when I made this. Then remove the mixture from heat and add the rest of the herbs for infusion. Again, unless you forget about the tea, it can infuse for as little as 10 minutes to overnight. Strain and then drink.

I typically use about a half cup and then add more water because I make strong teas. I've found that it's rather bitter given the alterative nature of the herbs and you may want to add some stevia if you have it to the infusion or use whatever sweetener you like.

Many of these herbs are great for rheumatic disorders because they promote the proper assimilation and elimination of

toxins that build up. Fluid retention is one such example and this tea helps balance that process. Enjoy!