

## Herbal Tea and Smoothie Combination

### Herbs

- Goji Berries
- Chrysanthemum
- Reishi Mushroom
- He Shou Wu
- Cordyceps
- Astragalus Root
- Essiac Formula
- Cilantro Leaves
- Peppermint
- Licorice
- Ginger Root
- Red Clover is especially good for Cancer and is contained in the Essiac Formula

### Super Foods

- Carob
- Cacao
- Maca
- Coconut Oil
- Raw Honey
- Salt
- Cayenne
- Cinnamon
- Shilajit
- Mesquite

### Instructions

Brew herbal tea by bringing a large pot to boil containing all of the herbs. You do not necessarily need every single herb. It is worth going to a real Chinese medical herbalist and having a pulse diagnosis. Explain your situation and get a few bags of the herbs they recommend for your condition which will include some of the above anyway. Definitely try and get the Essiac formula, combined with Cilantro (Coriander) leaves they make very powerful alkaloids.

Bring to boil and allow to simmer for at least 30 minutes.

Pour into a blender.

Add a tea spoon each of the Super Foods with a pinch of salt and cayenne and only a ¼ tea spoon of Shilajit. This is a very potent Ayurvedic source of organic minerals.

You can add extra Coconut oil, Maca and Honey to make a creamier sweeter brew.

Blend on high speed for a minute or so.

Bless and drink slowly.

You can take this combo several times daily. Make it your foundation brew. It really is very yummy and ultra nourishing. Fortifying the immune system and improving Lymphatic flow.

Any questions feel free to e email me.

Blessings N\*

