

## Liver Cleanse Tea

This tea is a combination of a decoction and infusion. For the week you may want to make 2x this recipe and store it in the refrigerator.

1 tsp rose hips

1 tsp burdock root

1 tsp dandelion root

1 tsp nettles

1 tsp peppermint

- In a medium pot add the rose hips, burdock root and dandelion root with **4 cups of water**
- Bring to a boil and simmer for 15-20 minutes
- Add nettles and peppermint.
- Cool and let stand overnight or for 8 hours
- Strain and store in a glass jar in the refrigerator.

Warm individual cups as needed or drink at room temperature.

### **About decoctions:**

When using an herb that is woody (roots, rhizomes, wood, bark, nuts and seeds) it is best to make a decoction so that the soluble contents of the herbs are extracted into the water. When making a decoction, more heat is needed than for infusions and the herb has to be boiled in the water (as opposed to steeped with infusions).