

Digestive Dandelion Tea

This herbal drink you can make from weeding the garden!
Some of its main benefits, when used regularly are:

- May help to the body to eliminate toxins
- May help to improve digestion and relieve constipation
- May help to prevent urinary infections and gallstones
- May help to reduce cholesterol and lower blood pressure
- May help to improve circulation and oedema
- May help to improve complexion and eczema
- May help to promote weight loss
- May help to relieve fatigue

What You Need to make 2 cups:

2 cups of water (filtered is best)
2 tsp of dried dandelion root or 1 tbsp fresh root
1 cinnamon stick

Variations

Add chopped dried ginger root or fresh ginger root
Add chopped dried liquorice root

Directions

- You can buy chopped dried dandelion root from a herb supplier or harvest your own by digging up as much root as you can, scrubbing it well using a vegetable brush or nail brush and chopping it small. This can be used fresh or you can dry it for a few days over a radiator on some brown paper and then keep it in a jar for months.
- Bring the water and herbs to the boil in a steel saucepan
- Lower the heat to simmer for 10-15 minutes.
- Remove the saucepan from heat and allow to cool to a drinkable temperature.

Disclaimer: This information is provided for education and information purposes only.
Please consult your healthcare professional for personal advice.