

## *Liver & Blood Purifier & Rejuvenator Tea*

These herbs can be made into a concoction and are best taken as a tea for 10 days during each change of season or at times of acute illness. While many herbs will help liver function and assist in maintaining clean blood, the following are among the most prominent ones:

**Ingredients:** *Dandelion Root (1 oz.)*  
*Licorice Root (1 oz.)*  
*Wild Yam Root (1 oz.)*  
*Bearsfoot (1 oz.)*  
*Milk Thistle Herb (1 oz.)*

*Comfrey Root (½ oz.)*  
*Agrimony (1 oz.)*  
*Barberry bark (1 oz.)*  
*Tanners Oak Bark (1 oz.)*

For maximum effectiveness, it is best to use all these herbs, in combination, if possible. To do this, mix them together in equal parts (except for comfrey root at half the amount), and add 2 tablespoons of this mixture to 24 ounces of water. Let it sit for 6 hours or overnight; then bring the mixture to a boil, letting it simmer for 5 to 10 minutes before straining. If you forget to prepare this tea the night before, bring the mixture to a boil in the morning, let it simmer as indicated above, and strain it. Drink 2 cups of this "herbal tea" per day on an empty stomach, if possible.

\*\*\*Also taken on its own, tea made from the bark of the **Red Lapacho Tree**, also known as Pau d'Arco, Ipe Roxa, and Taheebo, has powerful effects on the liver and the immune system and the Native American herb called **Chaparral**, although it tastes very bitter, is also an excellent liver and blood purifier.

- *From Andreas Moritz - The Liver & Gallbladder Miracle Cleanse – Ulysses Press 2007*