Eleuthero

Warm Eleuthero Tea

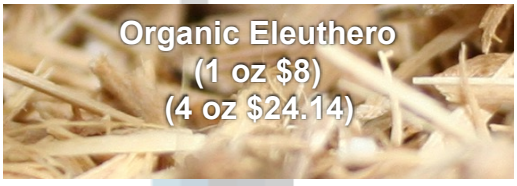
To brew a proper cup of warm **eleuthero** simply steep one bag (or 1 teaspoon loose leaf) organic **eleuthero** ten minutes in a cup of purified water. To brew a gallon, steep a heaping cup loose leaf organic **eleuthero** in a gallon of purified water.

Eleuthero Extract

To make **Eleuthero** Extract simply use one heaping cup of loose leaf organic **eleuthero** in a pint sized mason jar. Cover **eleuthero** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. **eleuthero** Extract 1/17/15). Store overnight in a dark, cool place. The **eleuthero** will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep the herbs covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.

Eleuthero Root/Siberian ginseng (*Eleutherococcus senticosus*) is used for high blood pressure, low blood pressure, hardening of the arteries (atherosclerosis), rheumatic heart disease, kidney disease, Alzheimer's disease, ADHD, chronic fatigue syndrome, diabetes, fibromyalgia, rheumatoid arthritis, flu, colds, chronic bronchitis, tuberculosis, treating the side effects of chemotherapy, treat insomnia, the symptoms of infections caused by herpes simplex type 2, boost the immune system, prevent colds, and increase appetite.





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