Goldenseal

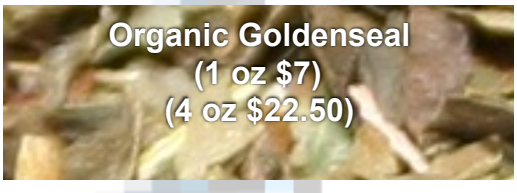
Goldenseal Tea Boil 2 cups of purified water. Remove water from heat, pour over 1 teaspoon organic goldenseal herb, cover and steep 30 minutes. Strain (See Strain Loose Leaf Tea below) Goldenseal has a very bitter flavor and can be unpalatable. One spoonful 3x daily has proven to have great effectiveness as a powerful tonic.

Goldenseal Extract To make goldenseal extract simply use one heaping cup organic goldenseal in a pint sized mason jar. Cover the goldenseal 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. goldenseal extract 6/17/15). Store overnight in a dark, cool place. The goldenseal 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 (See How to Strain Loose Leaf Tea below) through a damp paper towel and fine mesh strainer. Store in dark, cool place, preferably into amber bottle with a dropper top. To use: take a half teaspoon with 8 ounces of water, juice or tea 3 times a day to fight or prevent infection.

Goldenseal (hydrastis canadensis) is known for healing abscesses, boils, yeast infections, conjunctivitis, diarrhea, earache, eczema, excessive menstruation, flatulence, fever, gum infections, hemorrhoids, hay fever, hepatitis, internal bleeding, laryngitis, liver disease, pharyngitis, pneumonia, preventing cold and flu. Goldenseal is also great in aiding digestion, fighting hay fever, anorexia nervosa, bladder and intestine infections, reducing fevers, regulating healthy liver and spleen functions, relieving constipation, relieve congestion and excess mucous, ringworm, snoring (caused by nasal congestion), soothing irritated mucus membranes (eyes, ears, nose and throat), sores, sour stomach, thrush, trichomonas, ulcers, whooping cough, and healing wounds.



How to Strain Loose Leaf Tea



I'm a pro at brewing tisane now, but in the beginning I caught all types of trouble trying to strain loose leaf tea. Since then, I've developed this simple method that'll leave you only with clean, drinkable tea. And you can use this method whether making one cup or one gallon.
You'll need 3 or 4 tablespoons purified water - a fine mesh strainer - a measuring cup - a paper towel
Directions: Dampen the paper towel with the purified water. Squeeze any excess water out and carefully open the paper towel. Line the fine mesh strainer with the damp towel. Prop that on the measuring cup. Pour the loose leaf tea (or extract) into the lined mesh strainer. Only the clean liquid will exit into the measuring cup. You can press the wet herb to squeeze out all the liquid, but I normally just let it drain until it's virtually dry.

AUDIO ANIME RECORDS, INC

WARNING: This information is not intended to diagnose, prevent, treat or prescribe any condition. This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.