White Mulberry

Warm White Mulberry Tea

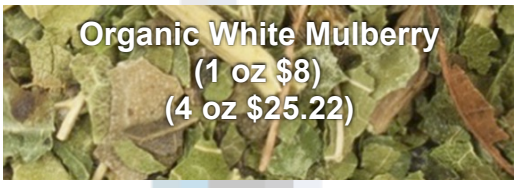
To brew a proper cup of warm **white mulberry** simply steep one bag (or 1 teaspoon loose leaf) organic **white mulberry** ten minutes in a cup of purified water. To brew a gallon, steep a heaping 1 cup loose leaf of organic **white mulberry** in a gallon of purified water.

White Mulberry Extract

To make **white mulberry** Extract simply use one heaping cup of loose leaf organic **white mulberry** in a pint sized mason jar. Cover **white mulberry** 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. **white mulberry** Extract 1/17/15). Store overnight in a dark, cool place. The **white mulberry** 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.

Mulberry *(morus alba)* helps to treat diabetes, high cholesterol levels, high blood pressure, the common cold and its symptoms, muscle and joint pain such as from arthritis, constipation, dizziness, ringing in the ears, hair loss, and premature graying.





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