Scullcap

Scullcap Tea To make a proper cup of scullcap tea, simply steep one bag (or a teaspoon of loose leaf) organic scullcap 10 minutes in a cup of purified water.

Scullcap Extract To make scullcap extract simply use one heaping cup organic scullcap in a pint sized mason jar. Cover the scullcap 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. Scullcap 6/17/15). Store overnight in a dark, cool place. The scullcap 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, but, I normally give the jar a good cleaning and drying and pour it back into the same one. To use: take a half teaspoon with 8 ounces of water, juice or tea. This extract is excellent to take a half hour before bedtime to induce sweet restfulness and pleasant dreams.

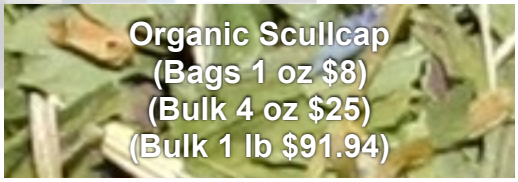


Scullcap *(scutellaria)* is known to be a tranquil, calming, sleep-inducing herb. It can be smoked or brewed into a delicious drink and enjoyed warm or ice cold. It's great for weight management, liver health, blood sugar management and delivers a healthy dosage of antioxidants. Scullcap is also great to soothe allergies, combat inflammation, calm spasms, heal skin infections and be nourishing to muscles and nerves while offering minerals and phytonutrients.

Organic **Scullcap** is in stock. Be swift about contacting me and place your order today! ***All my teas and spices are certified organic unless otherwise specified.*** Email nicolechavous@me.com

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.

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.
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