

My Ageless Brain - Detox Tea

Custom Detox Infusions

Drink all day long for 6 weeks.

Boil 1 1/2 quart(s) of water (6 cups) for 5 minutes. Pour into a thermos. Then add the following spices in WHOLE seed, petal, tea cut or chunk form (except any manjistha, which is a powder) to the thermos of freshly boiled water. The numbers and fractions after the spice name refer to “teaspoons,” i.e Fennel. ½ tsp.

Drink the water throughout the day. Allow the water to cool to warm or room temperature after pouring into glass, before drinking.

Type A-Reactive Ama	Type B-Simple Ama	Type C-Prevention
Fennel 1/2 Cumin 1/8 Coriander 1/8 Manjistha powder 1/8 tsp. Marshmallow root 1 tsp (alternative: slippery elm root)	Fennel 1/4 Cumin 1/4 Coriander-1/4 Cardamom 2 green pods Optional: Ginger Root -1 thin slice and/or Fresh Mint leaf	Fennel 1/4 Cumin 1/4 Coriander 1/4

Please simply drink the water and do not eat the ingredients themselves. The water-soluble fraction of the spices will be helpful, but the other parts may be aggravating to your system.

You may drink plain, pure water during the day according to thirst, but try to drink all of your Detox water by the end of the day. Do not drink your Detox water after 6PM or its diuretic effect may keep you awake at night.

This Detox water must be made fresh every day, and the thermos thoroughly washed and scrubbed with hot soapy water after each use. Ingredients are available online, at your local herb store or by mail at Everybody’s 641-472-5199 or The Raj Herbery at 1-641-472-9580.

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