

Your Spring Detox “Tea” Recipe- *MyAgelessBrain*™

Drink daily for 1 month*

*Check with your doctor before adopting any new dietary or lifestyle changes.

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 to the thermos of freshly boiled water. Rosebuds should be without stems or leaves. Ideally, use organic spices.

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

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 for your system.

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

This wise water must be made fresh every day, and the thermos thoroughly washed and scrubbed with hot soapy water after each use. Ingredients are available at The Raj Herbery at 1-800-248-9050.

Note: All measurements in the box below are teaspoons unless otherwise expressed.

Type A- Reactive Ama	Type B- Simple Ama	Type C- Prevention
Fennel 1/2	Fennel 1/4	Fennel 1/4
Cumin 1/8	Cumin 1/4	Cumin 1/4
Coriander 1/8	Coriander- 1/4	Coriander 1/4
Marshmallow root 1 tsp (alternative: slippery elm root)	Cardamom 2 green pods	