

Simple Things

2-3 cups of Herbal Tea every day will help flush the kidneys and bladder, and neutralise too much acid in the digestive system. Mix one yourself made up with the following (or parts of) ,alkaline' herbs:

1. Lemon Grass
2. Lemon Balm leaves
3. Dandelion leaves
4. Nettle leaves
5. Mint leaves
6. Raspberry leaves
7. **Green oat grass**
8. Lavender
9. Fennel leaves
10. Carrot leaves
11. Linden flowers
12. Birch leaves
13. Lucerne
14. Parsley

Dry the leaves, then crush them. The taste will depend on how much of each individual herb you use. Try from top to bottom: about 10% of No1-4, then about 4% of No5-11 each, and just a pinch of No12-14.

Pour boiling water on to a tblsp full of well mixed herbs, cover that with a lid for up to 8 minutes, then remove the herbs and enjoy. You can buy empty tea-bags, make sure they are unbleached paper!