

# DIRECTIONS FOR PREPERATION FOR IASO TEA

You may adjust the amount of Tea you consume daily to suit your body's needs. Don't worry, it tastes good! It tastes like a regular tea or herbal tea - not like "medicine" - you can even mix it with your favorite tea.

You may not even want to add any sugar or honey.

## TWO BAGS OF TEA WILL PRODUCE ONE QUART OF CONCENTRATE

**IMPORTANT:** The Tea must be steeped in water which is **HOT** - close to the boiling point, **but NOT BOILING.**

**DO NOT MICROWAVE** the tea mixture.

Microwaves can destroy the natural enzymes and render some important ingredients ineffective. The preferred water to use for the tea is filtered, distilled or bottled spring water. Although tap water is fine, it has many minerals which may prevent it from absorbing the full potency of the herbs.

### Preparing The Tea:

You Will Make a Concentrate With 2 Teabags:

- Bring 1 quart of water to a boil.
- Remove from heat and let it sit (wait about three minutes).
- Pour into a glass container. A reused glass juice jar from the store works great! Do not use metal or plastic.
- Add the 2 tea bags and close the lid.
- Let it sit on the counter at room temperature for 4-8 hours then put in fridge leaving the teabags in the concentrate. (I like to prepare the tea just before going to bed and put it in the fridge in the morning.)



**Your Tea Concentrate is Now Ready!**