

The Deep Steep Extraction Method for Tea



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Introduction

The Deep Steeping Method for herb extraction is a simple and practically effortless way to make tea for regular consumption. Typical herbal teas are extracted by this method include:

The Vitamin and Mineral Tonic Tea (Herbal VM Tonic)
European Heart Tea

Instructions

At night, before you go to bed:

1. Place 2 heaping Tablespoons of herb mixture in quart jar.
2. Fill quart jar with boiling water (bring water to rolling boil).
3. Cover, then let sit overnight.
4. Strain in the morning and drink throughout the day. You can carry jar with you or pour tea in a water bottle.

Dosage:

Drink a minimum of 1/2 the quart jar of tea a day (two 8 oz. cups a day). Some people drink the whole quart every day. This should be OK since it is not a strong tea.

Notes:

The tea can be warmed again, but DO NOT use microwave. This tea can be drunk at room temperature or right out of the refrigerator. Do not drink with ice. You can sweeten it with honey.

Disclaimer:

These are general instructions for making a Deep Extraction. Check with the book or practitioner you consulted with to understand how long to take the herbs. Some people can drink herbal teas and know how long to take them and when to stop. Intuition is your best guide, and you should honor what your body tells you.

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