



Name Three Continents Healing Tea

Tea

Code	Size	Duration
T12	80g	Lasts for 14-28 days

Area concerned

General healing capabilities of the body

Ingredients

Comfrey Leaf, Centella, Panax Notoginseng, Ginger

Description

Can help support the natural healing capabilities of the body. This tea combines ingredients from three continents to help support the body's innate healing abilities; comfrey leaf - number one healing herb from the European tradition; centella leaf, or gotu cola from the knowledge of Ayurveda; and panax notoginseng bringing healing benefits from the Far East, as well as benefits for energy, circulation and artery health. Add in ginger to lift the mixture and add flavour, as well as to support blood circulation, and this is a fine tea to help healing and other body processes.

Standard use

Make a pot of tea once a day using one teaspoon to 1-2 mugs of boiling water, according to taste. Drink, hot, warm, or cold until the pot is finished. Honey can be added if desired. Up to twice this amount can be taken.

How long to take it for

To support specific healing processes of the body, drink for a course of 3-4 months. Use together with other herbs which support healing, such as *Arth Capsules* or *Drops*, *Lu Capsules* or *Tea*, *Slippery Elm Capsules* or *Tea*.

Cautions

None

Companion Products

Arth Capsules or Drops; Lu Capsules or Tea; Slippery Elm Capsules or Tea; BF&C Capsules; BF&C Ointment.

Tea

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