

How to Make & Use Medicinal Herb Tea Bags

When making tea bags, put a level teaspoon of powdered herbs in one bag and seal. If it is granulated (cut up) then use a heaping teaspoon of herbs to one bag. Seal the tea bag with a hot iron. (Powdered herbs have more surface area, so it is more concentrated when mixed with hot water)

In making teas, it is recommended to put boiling water into a cup with the tea bag. Cover and steep for 20 minutes before drinking it. This is to get the most properties out of the tea. (If you are using herbs from the root of a plant, then boil the root in water for 30 minutes)

It is recommended not to take more than 3-4 cups of tea a day. Although there are some teas like Red Clover, etc. where you can drink it like water. But 3-4 tea bags a day maximum is the general rule.

Use medicinal herbs that have zero side effects. And even if they have zero side effects, you would want to check out the contraindications for each herb used, based upon the individual using the herbs.

You can find these herbs as well as press 'n brew tea bags at a good price at mountainroseherbs.com

Elimination Diet

Purpose: Lev. 17:11 The life is in the blood. All the good food that may be eaten cannot do the body any good until you have eliminated and cleansed the body of excess acids and mucus. The intestines retain these poisons and they are one of the main causes of disease and old age.

The blood stream which circulates through every cell in the body, if pure and alkaline, will dissolve and carry away all poisons. No disease can exist in a pure blood stream.

By eating of an abundance of alkaline or base forming foods, one can rid themselves of these poisons and acids.

The elimination diet is not a fast. It is a feeding process. It feeds the body through the blood with the necessary life giving minerals that everybody needs. The eating of fresh fruits and vegetables in quantities also prevents the shrinking of the stomach and intestines, and prevents lines and wrinkles in the face and body.

Before the Elimination Diet: Before you start the elimination diet, it would be good to cleanse the system with a herb laxative(Cascara Sacrada). This would help rid the body of much waste matter and mucus, so as to prevent a great stirring up.

Diet:

- 1) Eat at least 2 grape-fruits, 6 oranges & 3 lemons a day.
- 2) Eat a large raw vegetable salad each day.
- 3) Eat one meal of cooked vegetables(cooked properly) per day.

Type of fruit to eat: In addition to the grape-fruits, oranges and lemons above, the best fruits to eat are fresh & ripe pineapple, peaches, cherries, plums, pears, apples, strawberries, blueberries and raspberries. But, freely use all kinds of fruit as long as they are fully ripe before they are picked, otherwise they will not have the necessary eliminating properties.

Type of vegetables to eat: The best vegetables to eat are spinach, celery, carrots, parsley, tomatoes, asparagus, mild green onions, red or green cabbage (best raw), lettuce, cucumbers, radishes, okra, eggplant, etc... (Cook all vegetables with as little water as possible, using only salt for seasoning)

Do not use: Milk, cane sugar, gravies, butter, free fat of any kind, macaroni, spaghetti, tapioca, corn starch, meat, eggs, tea, coffee, chocolate, ice cream, cakes, pastries of any kind, cane sugar products, white flour products, liquor, tobacco and canned fruit. Do not take any starchy foods, sugars or proteins, as these things congest and clog the system. This would include no bread, potatoes or oils of any kind.

Duration: 7 days in a month.

Frequency: When all pains and discomfort in the body are gone, the poisons will have been eliminated; until they are, you will have to eliminate again. If you have been sick, or eating unnatural foods for years, or almost a life-time, you will have to eliminate many times, that is, eliminate a week, or longer if you are

stout or overweight, and then eliminate again. Also, if one has taken patent medicines, drugs, serums, etc, it will take longer to eliminate these poisons from the system.

Results: One pound a day may be lost by faithfully eating just these eliminating foods, and that which is lost is mostly waste and poisons. Very little that the body really needs or that produces health will be lost, as these foods supply all the elements and minerals needed to build the body.

Drink Water: Drink a lot of water between meals.

Breathe Deeply: Above all things, breathe deeply. An abundance of oxygen assists elimination greatly as it hastens elimination and burns up poisons.

Take Exercise: Take moderate exercise in the open air.

After the Elimination Diet: Eat sparingly of easily digested foods, such as baked potatoes, green lima beans, tender peas, corn, tomatoes, carrots, etc....

Losing the Weight

Causes: Hereditary, Emotional Addiction to Food to Numb the Pain, Wrong Habits of Eating & Exercise, Disturbance to the functioning of the thyroid and pituitary glands.

Symptoms: Excessive fat, shortness of breath, palpitation of the heart upon slight exertion.

Treatment: Hereditary obesity can be overcome to a great extent by proper living. Heal from all past and present emotional pain. Reduce the diet to a minimum, eating only nourishing foods. Eat less of starchy and fatty foods.

Foods containing sulfur aid in losing weight. (Cabbage, asparagus, Brussels sprouts, raw celery, cauliflower, onions and radishes)

Breathe deeply. Start exercising moderately, increasing in vigor, always in the open air if possible. Oxygen burns up fat and waste matter in the system, therefore, deep breathing and exercise are essential.

Chickweed tea is especially helpful to those suffering from obesity, as it thoroughly cleanses the system, and reduces fat. (You may also use burdock, nettle and seawrack)

Migraine Headaches

Symptoms

Attack Usually Begins in the Morning (With Heavy, Uneasy Sensations)

Slight Chilliness

Disposition to Gape

Headache (Confined To One Side, Which Rapidly Increases)

Becoming Exceedingly Severe

Eyes Sensitive to Light

Pulse Generally Slow

At the Height of the Attack, Nausea, Retching

Billious Vomiting

Causes

Weak Nerves or Nervous Exhaustion

Errors in Diet

Sedentary Work as Your Job

Mental Strain

Worry

Taking Cold

Loss of Sleep

Bright Lights (Usually Make the Headache Worse)

Noises (Usually Make the Headache Worse)

Treatment: Temporary Relief

Lie Down & Rest: Go where it is quiet and where there is plenty of fresh air.

Medicinal Herbs:

- 1) The best tea Jethro Kloss says for any type of headache is Red Sage (DanShen) Tea. If you have a headache, drink 1 cup of tea. If it is severe, drink 2 cups. (Maximum 3-4 cups a day)
- 2) The best tea that I found for migraine is a mixture of 4 teas: Peppermint, Catnip, Red Sage, Spearmint. If you use a powdered herb, use a level 1/4 teaspoon of each herb. If it is a granulated (cut) herb, then use a heaping 1/4 teaspoon of each herb. Mix these 4 teas into one teabag.
- 3) Or you may try either one of these (Peppermint, Catnip, Red Sage or Spearmint) to see what works best with you.
- 4) If you are going to sleep or you are ready to sleep and the headache comes on, then take a cup of hot Hops tea. This should soothe the nerves and produce sleep.

Liniment: You may also use White Flower (Blue bottle is more stronger). White flower is a Chinese liniment you may use for a headache that you put on the forehead, the temples and the back of the head and neck.

Massage: Massage the neck, back of head and the side of the head the migraine is on.

Hot Water Bottle: Put a hot water bottle on your stomach. This will help to draw blood down from your head as well as relax your nerves. This is also good for nausea and vomiting. You may also use a hot water bottle on the affected side of the head.

Hot Foot Bath: Take a hot foot bath. Hot water will draw blood down from your congested head and thus relieve the pressure. You can also add a little mustard into the hot water. Mustard increases circulation and warms the body up. This warming up of the body increases perspiration, which also helps to eliminate toxins.

Injections: If the headache continues, use an injection of catnip, blue cohosh or black cohosh tea. The injection should be retained as long as possible, using a pint or more. Use very warm.

Treatment: Permanent Relief

Abandon All Causes: Make sure that there are no things you are doing that is causing the migraine.

Diet: Stop all caffeinated drinks such as coffee, tea, sodas, etc... Use a very simple diet. No condiments or meat. Do not use refined breads or cane sugars. Do not use anything difficult of digestion.

Lifestyle: Stop the use of tobacco.

Water: Make sure you are drinking enough water. (Drink ½ your body weight in ounces. So if you are 128 pounds, then divide 128 by 2. This equals 64 ounces. 8 ounces is in one cup. So 64 ounces divided by 8 ounces would be 8 cups. So a 128 lb person would drink 8 cups of water per day)

High Herbal Enema: The blood may be poisoned with autointoxication from aged fecal matter being stored in your colon from years of unhealthy eating and lifestyle. A high herbal enema will give you a good inner bath to clean you out the waste matter. You will feel much better.

Exercise: Exercise out in the open air.

Massage: Get a full body massage to increase circulation if you are too weak to exercise.

Sun Baths: Take sunbaths.