



### **Cleanse 1kg**

This packet contains 4-8 weeks supply, depending on your commitment to your health goals, your sensitivity, and whether you're mixing them with other Lion Heart Herb blends. Unlike our other blends, the Cleanse formula should not be taken over an extended period of time. A course of a maximum two months use, followed by a minimum of one month's rest is advised. Intermittent use is fine. 2Tbsps or 35g of the dried herb, brewed in water, is the recommended daily dose. It's better to start at this smaller dose and gradually increase dosage to a maximum of 4Tbsps or 70g a day, as your body becomes more aligned with these subtly powerful cleansing herbs. The amount of water you add is up to you, use more water if you like the taste weaker, less if you like the taste weaker. Some minor detoxification symptoms may result from usage. If these become in any way uncomfortable or inconvenient you can cease use and the symptoms will stop, and you can start again on a lower dosage.

Ingredients: Bupleurum, Schizandra, Dang Gui, White Peony, Prepared Rehmannia, Codonopsis, Ho She Wu, Licorice, Ligusticum, Nettle

### **Instructions:**

Put required amount in a saucepan, preferably glass, ceramic or stainless steel. Cover with water, at least 4 parts water to 1 part herbs. (For example, for ¼ cup of herbs add 1 cup of water) Bring to almost boiling on a low heat, unless you're in a rush, then simmer on lowest heat for at least 10 minutes, although an hour or two is better. If you're in a rush then bring to the boil and simmer for a few minutes. Strain and drink. Adding lemon juice while you are brewing the tea is optional but excellent, as it will help extract the active ingredients out of the herbs into the water. You are free to add anything you like to improve the taste if you prefer e.g. honey. You can make large quantities at a time and then drink hot or cold. Once brewed, tea and herbs can be stored up to a week in the fridge. Herbs can have more water added and be re-brewed several times, like standard tea, although they will be lower potency every time. We highly recommend brewing ¼ of a bag to an eighth of a bag of herbs at a time, and leaving the pan containing herbs in the fridge in between brews. It's the most time efficient way. See the 'how to' section of [www.lionheartherbs.com](http://www.lionheartherbs.com) for a step by step instructional video.