



Serenity 250g

This packet contains 1-2 weeks supply, depending on your commitment to your health goals, and whether you're mixing them with other Lion Heart Herb formulas. The more the better, but regular consumption is the key. Consistent use is preferable to larger quantities occasionally. 2Tbsps or 35g of the dried herb, brewed in water, is the recommended daily dose. The maximum is around 8tbsps a day. 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. It's better to start at a smaller dose of around 1tbsp of dried herbs a day and gradually increase dosage as your body becomes more aligned with these subtly powerful tonic herbs. However, if you are already ill, or feel a cold coming on, significant relief can be found by preparing the whole bag, and consuming continuously until symptoms disappear.

Ingredients: Cat's Claw, Poria, Ligustrum, Codonopsis, Astragalus, Ophiopogon, Epimedium, Ligusticum, Reishi, Licorice.

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 ½ a bag to a whole bag of herbs at a time, and leaving the pan in the fridge in between brews. It's the most time efficient way. See the 'how to' section of www.lionheartherbs.com for a step by step instructional video.

For more instructions, guidelines, a demonstration and descriptions of the various herbs and blends visit lionheartherbs.com, or send an email to questions@lionheartherbs.com