

# The Healing Oracle

## ALTERNATIVE MEDICINE & HOLISTIC HEALING

### STEEPING INSTRUCTIONS :

1. Take 1 tbsp. of loose leaf herbs & put it into your tea ball or tea bag
2. Add 8 oz. of hot water
3. Let steep for 5-7 minutes for leafs & 7-10 for roots and barks
4. Strain or remove the tea ball infuser from the cup.
5. Drink & Enjoy

Be cautious not to overheat the water when boiling it or it could cause damage to some of the healing compounds in the plant.

When preparing the water be sure to remove it from the stove before going into a full boil. Pour it into your cup or tea kettle and add a tablespoon of honey to enjoy the warmful embrace of healing in a cup.