



- 1 part elderberries
- 1 part hibiscus flowers
- 1 part nettles
- 1 part rosehips
- 1/4 part ginger root

Mix all the herbs together and keep stored in a container. Use to make an herbal tea, tincture or herbal capsules. For tea mix 4-6 tablespoons of herb blend per quart of hot water or 1 tsp. per cup, let stand 10-15 minutes. Strain and add raw honey to taste.

To Use:

Use when feeling under the weather, onset of a cold or any other ailment. The herbs in this blend aid the body in warding off illness by giving the immune system a little boost.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.