

Amy Beard MD
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ANTIMICROBIAL TEA

INSTRUCTIONS Pour 32 oz. of boiling water over 10 tsp. of tea. Cover and steep for 1-2 hours. Make ahead and keep in fridge. Drink 1-2 six oz. cups per day. Enjoy hot or cold.

INGREDIENTS Dandelion, Uva Ursa, Oregon Grape, Burdock, Elderberries, Rose Hips, Peppermint, Orange Peel, Oregano, Olive Leaf, Clove, Yarrow, Calendula, Licorice, Cinnamon, Pau De Arco, Golden Seal, Rooibos Tea



ADDRESS THE ROOT CAUSE.