

*Amy Brand MD*  
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## Green Tea

**INSTRUCTIONS** Pour 8 oz. of 160-180 degree (near boiling) water over 1-2 tsp. of green tea. Cover. Steep for 1-2 minutes only.

**INGREDIENTS** Green Tea Leaves, Rosemary, Sage, Safflowers, Rose Petals, Lemon, Rose Flavor



ADDRESS THE ROOT CAUSE.