

Amy Beard MD
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SOOTHE/ADRENAL SUPPORT 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 Guta, Kola, Astragalus, Ashwagandha, Rhodiola, Chicory Ginger, Fo-ti, Eleuthero Schizandra Berry, Cinnamon, Licorice, Plantain, Cardamom, Fennel, Orange Peel, Marshmallow, Slippery Elm, Lemon Balm, Golden Seal, Rose Hips, Rooibos Tea



ADDRESS THE ROOT CAUSE.