

HAWTHORN BERRY



HAWTHORN BERRY TEA

The berries of the hawthorn plant also contain a number of active ingredients that have a beneficial effect on the cardio-vascular system. The berries are available fresh or dried at health food stores and herbal shops. To maximize the curative potential of the very team prepare it as follows.

1. To soften fresh or dried hawthorn berries, soak them at room temperature for at least 12 hr in lukewarm water. Use 2 tsp. of berries per cup of water.
2. Strain the liquid and reserve it. The liquid will retain the berries active ingredients.
3. Sweeten the berry liquid with honey to taste and heat to the desired temperature. Drink 2-3 cups of the tea daily.

FOR HIGH BLOOD PRESSURE AND ANGINA

$\frac{3}{4}$ oz. hawthorn flowers

$\frac{3}{4}$ oz. valerian root

$\frac{3}{4}$ oz. lemon-balm leaves

Use 1 tsp. of the herb mixture per cup of boiling water. Allow the tea to steep for 10 min., and then strain. This tea mixture lowers blood pressure and also has a calming effect on the nerves.