

## ASSIMILATION TEA

### Ingredients:

Nettle Leaf  
Red Raspberry Leaf  
Horsetail (a.k.a. Shavegrass)  
Oat Straw  
Marshmallow\*

### Directions:

- Buy bulk herbs and store in separate containers.
- Fill one side of small tea-ball (per cup water) with a mixture of herbs. Mix'n'match as you like.
- Steep covered for 10 minutes.
- Drink hot or cold. A big batch can be refrigerated for a couple of days as iced tea.

\* Marshmallow will congeal if it sits too long, so don't add it to a batch that will sit for a day or two!

Note: These flavors are mild. Lemongrass, mint, cinnamon or berry teas can be added for extra flavor. The only recommended sweeteners are stevia or raw unpasteurized honey.

### Benefits:

- This tea helps one absorb nutrients into body cells.
- Nettle, Raspberry Leaf, and Horsetail are very high in bioavailable (both micro and macro) minerals. Notably Calcium, Iron, Magnesium. Also high in chlorophyll and vitamin K.
- Oat Straw soothes and nourishes the nervous system.
- Marshmallow is soothing to the digestive system.