

NEW WAVE THERAPY HERBAL GREEN TEA SUPPORT

Use with any Country Doctor Herbals Immune Support tincture or capsule

8 ozs purified water

1 teaspoon green tea

Local organic honey, to taste

Bring water to boil, add tea and let steep for 2-3 minutes. Add honey to taste.

Drink green tea in the morning and evening

Soak chia seeds in hot water to soften. Bring purified water to a boil. Add water and chia seeds to a cup, add lemon juice, ginger, local honey and stir well. Drink parasite tea morning and evening.