



Just Tea, LLC

BREWING INSTRUCTIONS

Put 1 gallon plus ½ quart of distilled or purified water in stainless steel (or non-aluminum) pot. (Some of the water is held in the herbs, which will about double in size.) Cover pot, bring to boil and pour the entire packet of herbs in the boiling water. Keep pot covered and boil 12- 15 minutes, turn off heat. Allow to steep for 10- 12 hours.

While waiting for the next step, sterilize by boiling at least 10 minutes, a saucer, non-aluminum funnel, and pouring utensil....I use a Pyrex qt. measure. Sterilize in the same manner, 4 qt canning jars and lids.

At the end of the steeping time, strain the herbs out of the tea and reheat to 175- 180 degrees and pour at that temperature into sterilized jars. Seal and turn jars upside down on the counter. Cool to room temperature. If done exactly right, you don't have to refrigerate. If unsure about any part of the procedure, refrigerate all 4 jars. Refrigerate each jar after opening. Jars should keep for 6 months with no preservative if done correctly.

INSTRUCTIONS FOR USING

Take 2 ounces in the morning on an empty stomach and 2 ounces in the evening, also on an empty stomach. You need only wait 10- 15 minutes before eating. **DO NOT ADD ANYTHING** to the tea other than honey. (If you choose), but add to individual dose, not to the bottle. After 12 weeks (3 months), if your problem is under control, you may drop back to 2 ounces a day, if you wish. Continue on the maintenance dose until you no longer want the benefits that you are receiving from the tea. (You may also use the tea 3 times a day, if you wish, without any negative effects.)

Questions Welcome...Ginny Evans (Just Tea) 931-946-7002 or Barbara Evans (Just Tea) 931-761-3931. Website: just-t.com email: ginny@just-t.com or barbara@just-t.com

P.S. If you are not using the brand "Just Tea", these instructions do not apply. You need to go to the company where you bought your herbs for directions due to the differences in herbs quality, mix, and details.

CONSUMER REPORTS ARE POSTED ON THE WEBSITE BLOG!