

## Linseed Tea

Add 1 tablespoon whole grain organic linseed to glass heat proof dish

Add half litre bottled / purified water

Bring to a boil – (tends to overflow quickly, so make sure you don't walk away!)

Cover with lid and leave to stand overnight / 12 hours.

Next morning: Add water if necessary and bring back to boil – simmer for 30mins.

Strain – discard seeds

Cool the golden liquid and store in a glass bottle in the fridge for a week.

Everyday, consume as hot drink, either in the morning, tea time (3-5pm) or before bed. Place 1/3<sup>rd</sup> linseed solution in glass to 2/3<sup>rd</sup>s hot water and drink.

### Benefits:

Returns integrity to body, nourishes digestion and endocrine health

Supports the body's routes of elimination

Excellent source of omega 3 fatty acids.



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