**Blood Purifying Herbal Tea**

The following recipe comes from the Vegetarian Times, May 1990 issue, and looks fairly reasonable from an herbalists point of view, though I might add a bit of nutmeg and cinnamon to it for my own tastes).

* 1 part burdock root
* 1 part chicory root (may be roasted for a coffee-like taste)
* 1 part dandelion root
* 1 part sarsaparilla root
* 1/2 part yellow dock root
* 1/2 part licorice root (Glycyrrhiza glabra) to sweeten [optional]

Combine herbs in a jar. To make tea, use 1 teaspoon herbs per 1 cup of water [1 teaballs worth basically]. Place herbs and water in a saucepan. Bring to a boil, cover, reduce heat and let simmer for about 10 minutes. Strain before serving. Start by drinking 1 cup of tea daily. You may increase to 2 or 3 cups if you wish. For best results continue drinking daily for at least 2 weeks.