



Sweat It Out Tea

Note: The best method is to weigh your ingredients on the scale but volume measurements are given for ease of use. This is a 2 parts ginger to 1 part everything else recipe.

Ingredients:

- 1 tsp fresh grated organic ginger [2 parts]
- ½ tsp turmeric [1 part]
- ½ tsp honeysuckle flower [1 part]
- ½ tsp elder flower [1 part]
- ½ tsp elderberry [1 part]
- lemon peel or juice of ½ of a lemon [½ part]

Instructions:

1. In a medium saucepan, bring 1 - 2 cups water to boil then turn off heat.
2. Add ingredients to hot water.
3. Cover with a lid. This is important in order to not lose valuable oils from the herbs.
4. Let steep (remain in the hot water, covered) for 15 minutes.
5. Strain out ingredients and discard.
6. Drink hot.
7. Suggestion: Bundle yourself up in warm clothes and blanket to keep in body heat.
8. Have an adult monitor a child when allowing him to "sweat out" a fever.
9. Remember that a fever above 104°F is considered too high.

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