

## How to Use - No. 2

**Healthy**  
(People & Animals)



1 Teaspoon = 5ml      1 Dessertspoon = 10ml      1 Tablespoon = 20ml

Category	Use Neat (concentrated)	Times per day (morning, & night).	Sachet (makes 4 1/2 x 500ml bottles).  Lasts for	Ready-Made (500ml bottle).  Lasts for
<b>ADULTS</b> (or large animals)	<b>2 Tablespoons</b>	2 times	1 month	6 days
<b>CHILDREN</b> (over 5 years) (medium animals)	<b>1 Tablespoon</b>	2 times	2 months	12 days
<b>CHILDREN</b> (under 5 years) (or small animals)	<b>1 Dessertspoon</b>	2 times	4 months	3 1/2 weeks
<b>Babies</b> (up to 1 year old) (puppies)	<b>1 Teaspoon (Diluted)</b> with 1 dessertspoon of water.	2 times	8 months	1 1/2 months

**NOTE : After 3 months, you can reduce to using ONCE daily.**

Additionally, you can drink it as a regular cup of tea at anytime with or without meals and also, include it in your drinking water.



If this product does not reach you in excellent condition, please return it to us at the address below, stating when and where you made your purchase and we will be happy to offer a refund or replacement. Your statutory rights are not affected.



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## STEP BY STEP GUIDE - 'HOW TO BREW & USE...'

### Zara's Herbal Tea.



#### Ingredients .

Burdock, Red Clover, Sheep's Sorrel, African Bush Willow, Slippery Elm, Dandelion, Echinacea, St. John's Wort, White Willow, Vervain, Yellow Dock, Violet, Golden Seal, Korean Ginseng, Rhubarb.



#### Items required for Brewing Zara's Herbal Tea...

Qty	Items Required	Available From
1	<b>Tall stainless steel Stock or Casserole Pot with tight lid,</b> (holding 5 litres or 7 pints). <b>NB.</b> If there is a vent hole in the lid, block it out, to prevent rapid evaporation).	ARGOS.
1	<b>Large stainless steel or wooden Spoon.</b>	ARGOS.
1	<b>3 litres or 5 1/2 pints of filtered Water.</b>	SUPERMARKET
1	<b>Cotton Muslin brewing bag</b> ( <i>reusable</i> ).	GRAMMA'S.
1	<b>Large Measuring Jug</b> (1-2 litres).	ARGOS.
1	<b>Small Funnel.</b>	ARGOS.
1	<b>Pair of disposable rubber gloves.</b>	BOOTS/ SUPERMARKET
5	<b>Dark Glass Bottles with caps</b> 1/2 litre / 1 pint. (or use dark green or brown wine bottles with caps, - <b>do not use plastic!</b> ).	GRAMMA'S.
1	<b>Heat Diffuser for Gas or Electric hobs only,</b> (to place over burners to distribute heat more evenly).	GRAMMA'S.
5	<b>Self Adhesive Labels - (for bottles).</b>	GRAMMA'S.

## Day 1.

### Sterilise Your Utensils

All items must be sterilised before starting  
(ie. Bottles, caps, funnel, measuring jug, muslin tea bag, spoon).

### Step 1. How to Sterilise...

#### Sterilising general items -

Put the spoon, muslin bag, jug, funnel and bottle caps into a large pot of boiling water, reduce heat, cover and simmer for 15 minutes; then drain. Remove the spoon and muslin bag (*wring out*). Leave the rest covered in the pot until ready for the straining process in **Step 3**.

#### Sterilising the bottles -

Put the oven at 150<sup>o</sup> (*electric*) or gas mark 5 for 30 minutes. Once finished, turn off the heat and leave to cool.

### Step 2. The Brewing Process...

Pour in 3 litres (5<sup>1</sup>/<sub>2</sub>) pints of filtered water into the stainless steel pot. Cover and bring to a rolling boil.

Reduce the heat to a very gentle simmer (i.e. not boiling).

- **NB: If you are using a gas or electric hobs, then place the 'heat diffuser' on the burner to provide even simmering.**

Cut open the sachet of Zara's Herbal Tea (4oz), **remove the white Silica-Gel pack inside** and empty all the herbs into the muslin bag. To close the bag - pull the string tight and tie into a very tight bow to prevent the herbs from escaping during brewing.

Put the filled muslin bag into the simmering water and press down several times with the spoon (to expel the air). You will find the herbs will then settle in the water.

Cover the pot and simmer gently for 4 hours.

**Turn off heat and leave covered for 20 hours.**

## How to Use No. 1

### Chronic Illnesses (People & Animals)



1 Teaspoon = 5ml      1 Dessertspoon = 10ml      1 Tablespoon = 20ml

Category	Use Neat (concentrated)	Times per day (morning, midday & night).	Sachet (makes 4 <sup>1</sup> / <sub>2</sub> x 500ml bottles).  Lasts for	Ready-Made (500ml bottle).  Lasts for
<b>ADULTS (or large animals)</b>	<b>2 Tablespoons</b>	3 times	2 <sup>1</sup> / <sub>2</sub> weeks	4 days
<b>CHILDREN (over 5 years) (medium animals)</b>	<b>1 Tablespoon</b>	3 times	5 weeks	8 days
<b>CHILDREN (under 5 years) (small animals)</b>	<b>1 Dessertspoon</b>	3 times	2 <sup>1</sup> / <sub>2</sub> months	2 weeks
<b>Babies (up to 1 year old) (puppies)</b>	<b>1 Teaspoon (Diluted)</b> with 1 dessertspoon of water.	3 times	5 months	1 month

**NOTE : After 3 months, you can reduce to twice daily (i.e. morning and night).**

Additionally, you can also take it as a regular cup of tea with or without meals, as well as, include it in your drinking water.

### **\*IMPORTANT :**

If the condition is extremely severe, increase to 6 times per day, until it shows signs of improvement, then reduce to the normal 3 times daily.

## How to Use Guide.

### SHAKE WELL BEFORE USE

The amounts shown on the following pages are broken down into two categories.  
(1). **Chronic Illness** (2). **Healthy**.

It is essential to drink the tea **Concentrated** (undiluted) or as a cup of tea on an empty stomach - **MORNING AND NIGHT** for the first 3 months.

- (a). ½ - 1 hour before breakfast.
- (b). ½ - 1 hour after your last meal at night or before going to bed.

**FOR ANIMALS :** give undiluted - either syringed directly into mouth or mix into food and drinking water.

#### • To Make a Cup of Zara's Herbal Tea :

According to the amounts overleaf, add the herbal tea to a cup of hot water. If desired, sweeten with either molasses or honey to taste. Everyone can drink this daily as a substitute for tea and coffee. As the tea is non-toxic, it is safe to drink freely throughout the day. **DO NOT USE MILK.**

#### • In Drinking Water :

Add 1 tablespoon per ½ litre (1 pint) of water (*filtered and boiled*). Mix well and allow to settle. Drink hot or cold. **You can make up a much as you want, then keep in the fridge ready for daily use.** Drink in place of tap water.

#### • For Optimum Health : Sweeten your tea with Molasses.

**Adults (and animals)**  
1-2 teaspoon(s)

**Children (over 5 years)** - ½ - 1 tsps  
**Children (under 5 years)** - ¼ - ½ tsps

- We suggest you use a teeth whitening toothpaste once a week, as molasses tends to stain. We have found **AloeDent's** 'Aloe Vera' toothpaste plus 'Dental Miracle Herbal Powder', works a treat, both are gentle and very effective - to purchase please visit **contact:** [www.beautynaturals.com](http://www.beautynaturals.com).

## Day 2.

### The Brewing Process (cont)...

**The next day**, uncover and use the spoon to turn over the muslin bag a few times. Press it down to the bottom of the pot. Cover again and re-heat until hot (**but DO NOT BOIL**). Reduce heat and allow to simmer gently for 4 hours.

Turn off heat and leave for an additional **10 hours** to cool. Keep covered throughout.

**Step 3. The Straining Process** - (put on the disposable gloves);- Uncover the pot and wring out the muslin bag, squeezing out all the remaining liquid tea into the pot. Then pour the strained tea into the measuring jug.

#### **Step 4. The Filling Process.**

Place the funnel into the sterilized bottles and pour in the strained tea. Cap bottles tightly.

#### **Step 5. Label and date each bottle.**

On the self adhesive labels provided, fill in the '**use by date**'. Make sure the dates work out 2 months after brewing - (i.e. if you brew on the 01 Jan 2003, then the date you use will be 01 March 2003) - then stick a label onto each bottle.

### Step 6. Storage.

Store all the bottles in the fridge at 5° - 10°C.

**IMPORTANT!** : Always ensure that your fridge is at the correct temperature, by using a fridge thermometer.

### Step 7. Clean Utensils.

Wash clean, dry and store all utensils. Keep these items separate and use only for making the Herbal Tea and not for general cooking - *'throw away disposable gloves'*.

### Step 8. Recycle used herbs.

Do not throw away the used herbs, instead empty it out of the muslin bag and use in your garden as compost for plants or directly onto outdoor plants or bury in the earth.

### Step 9. Re-useable muslin tea bag.

Turn the muslin tea bag inside out and wash thoroughly. Allow to dry, so it is ready to use for your next brewing session. The bag should last at least 1-2 years. When it gets old, you can order another one. The old bag can be put in your garden compost as it's 100% cotton and will degrade in the soil.

**Remember to recycle the empty foil sachet.**

- **NB: Silica Gel Pack -**

If by any chance you forget to remove the silica gel pack and brewed the tea with it. Do not worry, as the gel is an inert substance that will not effect the tea in anyway.

## WARNING!

Keep refrigerated at 5° - 10°C.

Do not freeze the bottle.

**Do not allow it to touch the back of the refrigerator.**

**\*Once brewed, use within 2 months.**



Any water added to the tea must be first **FILTERED** then **BOILED**. If you cannot filter, then boil thoroughly.

At times you may notice 'small dark lumps' in the tea, caused by the herbs settling, \*this is normal and safe to drink. If at anytime '**white furry moulds**' form in the bottle, **DO NOT DRINK IT**. Instead use it as an external body wash for your face and other parts, or in the bath for a soothing herbal soak. Alternatively water your plants with it.

### Recommended Water Filtration System.

Clean water is essential for life. Therefore, we recommended the installation of a water filter system in your home. At about 3p per litre, it's far more economical and environmentally friendly than bottled water. You'll have pure clean water permanently available on tap for drinking, cooking and making tea without any fuss.



\* For additional information contact the Freshwater Filter Company on [www.freshwaterfilter.com](http://www.freshwaterfilter.com).