

Blood Cleanser

3 Ingredients

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- 1 part fresh or dried ginger
- 1 part artichoke leaves or heart
- 1 part hawthorn berries (fresh or dried)

Directions

1. Prepare the artichoke by slicing leaves into thin strips or chopping the artichoke heart in the same way.
2. Combine all ingredients in a bowl air-tight container.
3. Steep in water that is just below boiling or prepare in a french press.

Notes

In the East, hawthorn berries have been used to benefit the vascular system. Drink this tea 2-3 times a week for the best benefit.

