

Detox Chai Spice

Warming, Digestive Diuretic Tea: (Detox Chai Spice)

- **Therapeutic Actions:** This formula helps warm the body, stimulate the circulation, stimulate the digestion of dietary fats and oil, relieves stomach and intestinal cramping, relieves nausea, soothes digestive tract lining, strengthens & tones stomach function, encourages a healthy appetite, helps chelate heavy metals from the body, reduces inflammation, helps reduce fever, cleanses blood and lymph, relieves flatulence, promotes urination and elimination of excess fluid from the body, enhances immune system function, helps hair, skin and nails, reduces pain, and helps heal liver & kidneys.

- Contains the following herbs:
 1. **Roasted Dandelion Root & Leaf** – powerful diuretic (promotes urination & elimination of excess fluid), cholagogue (stimulates release of healthy bile from the liver), helps reduce inflammation and congestion of liver and gallbladder, liver tonic
 2. **Cardamon Seed** – carminative (relieves flatulence, reduces digestive griping pains, sialagogue (encourages flow of saliva), orexigenic, encourages a healthy appetite)
 3. **Black Peppercorn** – stimulant (gives energy), tonic (builds health over time), anti-periodic (counteracts the recurrence of periodic illness such as fever), diaphoretic (encourages sweating to reduce fever), carminative (reduces flatulence), febrifuge (helps reduce fever)
 4. **Cinnamon bark** – carminative (relieves flatulence), reduces nausea, helps relieve diarrhea, encourages blood sugar balance
 5. **Burdock Root** – alterative (restores health), tonic (improves health when taken over a long period of time), diuretic (promotes urination and elimination of excess fluid from the body), diaphoretic (promotes healthy sweating to reduce fever), stomachic (strengthens and tones the stomach), aperient (encourages a healthy appetite and promotes bowel movements, depurative (removes toxins and wastes from the



body), anti-scorbutic (helps scurvy), demulcent (heals and soothes the lining of the digestive tract), blood cleanser, relieves lymph congestion, soothes the kidneys, reduces rashes, pimples, boils, itching, rheumatism

6. **Fennel Seed** – carminative (relieves flatulence), antispasmodic (helps relieve digestive cramps), expectorant (encourages elimination of toxins from lungs through coughing), relieves nausea, galactagogue (stimulates production of breastmilk after childbirth)
7. **Clove Bud** – stomachic (strengthens and tones stomach), carminative (relieves flatulence), expectorant (encourages elimination of toxins from lungs through coughing), anti-emetic, anti-spasmodic, anti-septic, digestive, increases circulation, promotes digestion and nutrition, warms the body, stimulates excretion, disinfects the kidneys, relieves bad breath, relieves griping pains/ stomach cramps, relieves indigestion, helps poor circulation, anthelmintic (helps kill parasitic worms)
8. **Juniper Berry** – diuretic (promotes urination and helps eliminate excess fluid retention), diaphoretic (Promotes healthy sweating to reduce fever), carminative (reduces flatulence and improves digestion), anodyne (helps relieve pain), urinary tract antiseptic, stomachic (strengthens and tones the stomach),
9. **Licorice root** – demulcent (heals and soothes the lining of the digestive tract), expectorant (helps cough out mucus and other debris from the lungs), emollient (softens, soothes and protects the skin when used externally), pectoral (strengthens and heals the respiratory system), aperient (encourages a healthy appetite and promotes bowel movements), sialogogue (encourages the flow of saliva), imparts a sweet taste to the tea
10. **Orange Peel** – warms body, carminative, expectorant, body stimulant. Rich source of limonene, a sedative and expectorant. Antineoplastic, lithotriptic (helps dissolve gallstones – mild effect)
11. **Pau-d’Arco** – depurative (blood & lymph cleanse), antitumor, antiviral, antifungal. Optimizes immune system function. Helps clear up skin rashes. Also called taheeboo and lapacho.
12. **Sassafras Root** - diuretic (stimulates urination), diaphoretic (promotes a healthy sweat to reduce fever), antirheumatic, anodyne – can relieve pain, anti-poison, cleanses blood of effects of tobacco, blood purifier, destroys certain microorganisms, effectively cleanses the whole body, restores health
13. **Ginger Root** - stimulates circulation, warms the body, helps digest fats and oil in the morning oil drink, relieves nausea, stimulant
14. **Uva Ursi Leaf** – diuretic (helps eliminate excess fluid from the body), antilithic (acts against formation of stones), lithotriptic (helps

dissolve stones), soothing tonic, nephritic (helps heal the kidneys), urinary tract antiseptic

15. **Horsetail Herb** – mild diuretic (promotes urination and elimination of excess fluids). Strengthens connective tissue, joints and bone. May be useful for bedwetting and incontinence, helps reduce prostate inflammation, rich source of naturally-occurring silica (helps build healthy hair, skin, nails and bone)

16. **Parsley Leaf** – aperient (encourages a healthy appetite and bowel movements), diuretic (promotes urination and elimination of excess fluid), lithotriptic (helps dissolve stones), tonic (increase health when taken over a long period of time), antispasmodic (relieves digestive cramps/spasms), expectorant, antiperiodic (counteracts recurrence of periodic illness such as fevers), carminative (relieves flatulence), febrifuge (helps reduce fever)

- **Suggested Dose:** drink 2 cups in the morning following the liver flush morning drink to help avoid potential nausea that can sometimes result from consuming oil. Then drink 2 more cups 2 more times daily if possible. Can use liquid or powdered stevia to sweeten if desired. You can also add a teaspoon of organic coconut milk powder to enrich the flavor so that it's like a delicious "herbal latte."
- To make this tea the strongest and most therapeutic, pre-soak 2 TBS in a quart of water the night before and make the tea the next morning. In the morning, the water should have already started to turn dark from the therapeutic component already extracted by the water. Pre-soaking also helps the tea to have a more "mellow" flavor.
- This tea contains roots and barks. Roots and barks are stronger and more therapeutic than flowers and leaves, but, unlike flowers and leaves that can be turned into a tea simply by pouring boiling water on them, roots and barks should be simmered for at least 15 minutes to draw out the therapeutic properties. You can even simmer for longer – an hour if you have the time, but make sure to add lots of water to compensate for the loss of water that happens during simmering.
- This tea can be made in one large batch with the leftover amount refrigerated to drink throughout the day.

Detox Chai Spice

Yield: 2 cups Chai tea



DetoxChaiStraining5.jpg



DetoxChaiHerbs.jpg

INGREDIENTS:

- 1 to 2 TBS **DR. FOSTER'S ESSENTIALS DETOX CHAI SPICE**
- 20 ounces **DISTILLED WATER**
- **Optional:** liquid or powdered stevia, monkfruit drops, unheated honey Grade B maple syrup, brown rice syrup, coconut nectar, sugar in the raw, coconut sugar, evaporated cane juice, turbinado sugar, yacon syrup, date sugar, date syrup, sweet potato syrup. Several drops of Cinnamon-flavored liquid stevia drops taste great in this recipe.
- **Nondairy milk or cream**, such as almond milk, coconut milk, coconut cream, rice milk, hemp milk, sunflower seed milk, walnut milk, pecan milk, cashew milk and other nut or seed milks

PREPARATION:

1. Distilled water is used because it is "hungry water". It helps draw out all of the therapeutic properties of the tea herbs. If you can't get distilled water, use filtered water, reverse osmosis water or pure spring water.
2. Add herbs and distilled or filtered water to a medium-sized saucepan
3. Bring to a simmer. This is the stage where small bubbles are coming to the top of the tea, but not yet boiling.
4. Place lid on saucepan and simmer covered for at least 15 minutes.

5. Strain the tea
6. Allow to cool slightly before drinking hot
7. Many people like the flavor of this tea as is, while others may wish to use a natural sweetener or a nondairy creamer such as coconut milk, coconut cream, almond milk, rice milk, or other nut or seed milk. I recommend using stevia or monkfruit, but you could also use unheated unfiltered honey, Grade B maple syrup, brown rice syrup, monkfruit syrup or other sweetener that you normally use.
8. May be refrigerated to be consumed later – hot or cold
9. Drink 2 to 6 cups daily during Dr. Foster's Liver Regeneration Program or anytime.
10. Triple recipe if you will be drinking 6 cups daily of Detox Chai Spice (during many herbal cleanses)
11. The tea herbs can be reused up to three times before throwing out. This is because the roots and seeds are more dense than the overly processed tea bags out there and the dense herbs and roots will continue to release their therapeutic properties up to three times after simmering.

How to Use it:

Detox Chai Spice is my favorite herbal tea/ alternative to coffee, but it's not just a coffee substitute – it's also a powerful detoxifier of the entire body. It can be used during any cleanse, including not just the Liver Regeneration Program, but any other Dr. Foster's Essentials herbal cleanse, to help eliminate toxins more quickly from the body or as a delicious digestive tea with any meal to help relieve digestive problems such as heartburn, nausea and cramping due to poor food combining, overeating, or the consumption of a fatty or otherwise difficult to digest meal.

- **Suggested Dose:** drink 2 cups in the morning following the liver flush morning drink to help avoid potential nausea that can sometimes result from consuming oil. Then drink 2 more cups 2 more times daily if possible. Can use liquid or powdered stevia to sweeten if desired. You can also add a teaspoon of organic coconut milk powder to enrich the flavor so that it's like a delicious "herbal latte."
- To make this tea the strongest and most therapeutic, pre-soak 2 TBS in a quart of water the night before and make the tea the next morning. In the morning, the water should have already started to turn dark from the therapeutic component already extracted by the water.

Reusing the tea herbs up to three times:

- The herbs you use for Detox Chai Spice Tea can be saved and reused two more times before you throw them out. ***This is optional, so it's not required to do this.***
- For example, use 2 TBS herbs from the bag to make the first batch of tea for the first day, strain herbs out of tea and set aside.
- To these “used” herbs, add another tablespoon of fresh herbs from the bag and start pre-soaking the second batch for the next day.
- After simmering and straining this second batch on the second day, set the “used” herbs aside and add another fresh tablespoon of new herbs from the bag and start pre-soaking for the third batch/ third day.
- After simmering and straining off the tea from the third batch on the third day, ***throw out the used herbs*** (so that's around 4 TBS of herbs that you already used to make the tea over the past three days) and start over with this process using brand new herbs from the bag.
- This will help your tea last longer, is more economical (you get more bang for your buck) and is also a way to get more therapeutic properties out of the roots, berries and barks.