

# **THE ORIGINAL PREVENTION OF SICKNESS: GENERAL *NUTRITIONAL HERBOLOGY* INSTRUCTIONS**



- PREVENTIVE SICKNESS HYGIENE & NUTRITION
- STOMACH AND INTESTINAL CLEANSING
- RELIEF OF CONSTIPATION
- PREVENTION OF CANCER
- PREVENTION OF *NUTRITIONALLY RELATED DISEASES*

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## THE ORIGINAL PREVENTION OF SICKNESS: GENERAL NUTRITIONAL INSTRUCTIONS

### Appendix E: Tea Infusion \_\_\_ General Instruction

#### **(“sun tea” liquid)**

Measure 3 teaspoons of the dried *herbal leaves, flowers, seeds, root, or bark* for every (1) cup of desired *herbal tea infusion* water; for example, to make a 1 gallon *herbal tea infusion* of the desired fennel seed herb; first to 1/2 gallon soak 24 teaspoons (8 cups x 3 teaspoons/cup) of the *herb(s)* in question in at best *PiMag water* or at least purified, spring or distilled water for 12 hours; strain and save used *herbs* and keep “sun tea” liquid.

#### **(“just boiled and simmered liquid”)**

Place saved used herbs (the same herbs used in “a” above) in an equal amount of just brought to boil *PiMag water* or at least purified, spring and distilled water, turning off heat and covering to simmer 45 minutes; for example making 1 gallon and strain and discard the seeds (herbs) and combine.

#### **(combine the 2 liquids)**

Combine the just strained liquid with the previously saved liquid which provide respectively the *water soluble* and *oil soluble* elements of the *herb* being tea infused.