



THE AFRICAN BIO-MINERAL BALANCE

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Here are a few herbal formulas with Dr Sebi approved herbs as ingredients.

Herbal Formula 1: General Detoxification

Equal parts powdered herbs: burdock root, chaparral, dandelion, ginger, red clover and milk thistle.

Put the mixture into capsules and take two capsules four times a day.

Purpose: General detoxification and cleansing.

Herbal Formula 2: Cleansing Blood Stream and Immune Support

1 part burdock root
1 part dandelion root
1 part red clover tops

Combine or alternate these to make herbal teas, and drink 4 to 6 cups daily.

Purpose: Fibromialgia

Herbal Formula 3: Gout tea

1 teaspoon burdock root
2 tablespoons dandelion leaves
1 large cup water

Combine the herbs in a pan and cover with the water. Bring to a boil; remove from the heat; steep for 30 minutes and then strain.

Dose: Take up to one cup per day, a tablespoon at a time.

Purpose: Gout

Herbal Formula 4: Breast Cyst Tea

1 teaspoon burdock root
1 teaspoon mullein leaves
1 teaspoon dandelion root
1/2 teaspoon cleavers leaves
1 quart water

Mix ingredients and use to make tea.

Dose: Drink 2 cups a day.

Purpose: Breast cysts/lumps.

Herbal Formula 5: Dandelion & Burdock Roots Decoction

Equal parts dandelion and burdock roots combined. Mix one teaspoon to 1 large cup of water. Simmer gently for 20 minutes.

Dose: 1 cup 2 to 3 times daily

Purpose: Liver congestion.

Reference(s)

Encyclopedia of Home remedies for better life. Dr. Izharul Hasan M.D (PSM), NIUM Bangalore

DISCLAIMER

In the event the reader of this herbal formula list uses the information without the approval of a health care provider, he/she is prescribing for himself/herself and assuming full responsibility for it. This is his/her right to do so, but theafricanbiomineralbalance.com assumes no responsibility for his/her actions.

Mix ingredients and use to make tea.