

# LINSEED TEA

Linseed (flaxseed) tea should be taken approximately three times daily, between meals. It can be added to all hot drinks or to plain hot water. Most clients find it extremely soothing and calming:

2 tablespoons of whole linseeds (flaxseeds) to 2 pints of water

- Bring to the boil, turn off and leave covered overnight.
- Bring back to the boil very gently and simmer for 1 hour (Bring back to the boil (do not allow to boil over!-it makes a mess!!) and then very gently simmer, covered for 1 hour).
- Strain straight away and throw away the seeds
- Put about a dessert spoon in the bottom of a mug and top up with cold water-mix well and drink.
- Put the rest in the fridge, covered when it has cooled.
- Once it has cooled it will become semi solid.

For future drinks:

- Put a small amount (about a dessertspoon full) into a mug and top up with hot water-mix well and drink.
- It will last 2-3 days in a fridge. The amount that you use can be adjusted to taste.

Linseed tea should be drunk between meals and will help bowels, sooth the whole of the gastrointestinal area and help to balance blood sugar levels.



## QUICK METHOD (less gloopy!)

Bring linseeds to the boil, turn off, cover, and leave for 10 minutes  
Bring back to the boil and very gently simmer, covered for 15 minutes.  
Drain the seeds away and keep the liquid. Use 1 tablespoon 3 x daily (or more) in drinks.