DETOX TEA

A Daily Cleansing & Kidney-Support Tea Blend

Detox Tea is a fifteen-herb loose-tea blend many HEAL members keep as their daily beverage of choice — it has a genuinely pleasant taste and can be enjoyed freely, hot or cold. Dandelion Root, Burdock Root, and Pau d'Arco Bark bring traditional blood and liver cleansing support, while Juniper Berries, Uva Ursi, Horsetail, and Parsley Root add traditional kidney and urinary support. Ginger, Cinnamon, Clove, Cardamom, Black Peppercorn, and Orange Peel round the blend into a warm, well-balanced everyday tea.

Ingredients



Dandelion Root

A classic bitter root long used to support the liver and gentle daily cleansing.



Burdock Root

A traditional blood-purifying root, familiar from Detox Formula and other cleansing blends.



Cardamom Seed

A warm, aromatic spice that rounds out the tea's flavor.



Ginger Root

Adds warmth and a traditional digestive boost to the blend.



Pau d'Arco Bark

A South American bark with a long tradition of internal cleansing use.



Cinnamon Bark

A warming, aromatic spice traditionally used to support digestion.



Clove Bud

A fragrant spice that adds depth of flavor alongside its traditional digestive use.



Fennel Seed

A traditionally soothing, mildly sweet seed that supports digestion.



Licorice Root

A naturally sweet root that rounds out the tea's flavor and has a long history of traditional use.



Juniper Berries

Small aromatic berries traditionally used to support the kidneys.



Uva Ursi Leaf

A traditional herb for kidney and urinary tract support.



Horsetail Herb (Shave Grass)

A mineral-rich herb traditionally used to support connective tissue and the urinary system.



Black Peppercorn

Adds warmth and traditionally helps the body make better use of the other herbs.



Parsley Root

A mild traditional diuretic and kidney-supportive root.



Orange Peel

Adds bright, citrusy flavor and rounds out the blend.

Suggested Use

To make a gallon: combine 1 1/4 cups of the dry tea with a gallon of cold water in a pot and let it soak overnight.

In the morning, heat to the point of boiling, then remove from the heat and let it stand and steep for at least 15 minutes.

Strain and pour over ice for a pitcher of iced tea, or strain a cup at a time and drink hot right from the pot. Many members drink it freely throughout the day.

A Quicker Way — the Coffee Maker Method

Dara's own favorite shortcut when she doesn't want to wait overnight: blend the dry herbs to a fine powder (keep the powder in the freezer once it's ground this fine, to preserve the nutrients), then brew it in a standard drip coffee maker with the filter in place, just as you would a pot of coffee — about 2 tablespoons of powder makes a full pot. If your machine has a strength setting, use the strongest/longest-brew option so the hot water sits with the herbs as long as the pot allows.

With a reusable pod for a single-serve coffee maker, fill the pod only about half full — the herbs swell a good amount as they brew. Dara reuses the same herb for a second brew before cleaning out the pod: the two cups together make a 2-quart pitcher of iced tea when poured over ice, with a little extra water added if needed to fill it. It works just as well as a hot tea, too — simply drink each cup hot as you brew it, and save the second pass through the herb for whenever you're ready for another cup.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post “The Cleansing Tea I Drink Every Day” at www.daradietz.me.