

# Burdock Root Tea

## Ingredients

- 1 teaspoon dried burdock root (sliced or shredded)
- 1 cup water

## Instructions

1. Rinse burdock root if fresh or dried pieces look dusty.
2. Place root in a small saucepan with 1 cup water.
3. Bring to a boil, then reduce to a simmer for **10–15 minutes**.
4. Strain into a cup and drink warm.

## Benefits

- Detoxifies the blood and supports the lymphatic system.
- Anti-inflammatory, may help with skin conditions (eczema, acne).
- Supports digestion and liver function.

## Warnings

- Burdock has diuretic effects — may interact with water pills or diabetes medications.
- Avoid during pregnancy (can stimulate uterus).
- People with **blood pressure issues** should consult their doctor before use.