

Goldenseal & Echinacea Tea (for Tooth/Throat Infections)

Ingredients

- ½ teaspoon dried goldenseal root
- 1 teaspoon dried echinacea root or leaves
- 1 cup water

Instructions

1. Add herbs to a saucepan with 1 cup water.
2. Bring to a boil.
3. Reduce heat and simmer for 10 minutes.
4. Strain and drink warm.

Benefits

- Goldenseal contains berberine, a powerful antimicrobial.
- Echinacea stimulates immune response.
- Together, they may help reduce bacterial load in throat and oral infections.

Warnings

- Do not use goldenseal long-term (can irritate liver).

- Not for pregnant women or children.
- Always consult your doctor/dentist for persistent or severe infection.