

Red Clover Tea (for Lymphatic System)

Ingredients

- 1 teaspoon dried red clover blossoms
- 1 cup boiling water

Instructions

1. Place dried blossoms in a cup.
2. Pour boiling water over them.
3. Cover and steep for 10 minutes.
4. Strain and sip slowly.

Benefits

- Traditionally used to support the lymphatic system and detox pathways.
- Contains isoflavones that may help reduce inflammation.
- Gentle blood purifier, often used in cleansing teas.

Warnings

- Avoid in pregnancy (can act like estrogen).
- May interact with blood-thinning medication.

- Consult your primary doctor before use if you have blood pressure issues.