

Schisandra Berry Tea

Ingredients

- 1 teaspoon dried schisandra berries
- 1 cup water

Instructions

1. Rinse the dried berries.
2. Add to a pot with 1 cup water.
3. Bring to a boil, then simmer 10–15 minutes.
4. Strain and drink warm.

Benefits

- Adaptogen: helps the body resist stress.
- Supports liver health and detoxification.
- May improve stamina and endurance.

Warnings

- May cause heartburn in some people.
- Can interact with medications processed by the liver.
- Consult your doctor if you have blood pressure or liver conditions.