

Tea for Psoriasis (Nettle + Burdock Root Tea)

Ingredients

- 1 teaspoon dried nettle leaves
- 1 teaspoon dried burdock root
- ½ teaspoon dried red clover flowers
- 1½ cups hot water

Instructions

1. Add nettle, burdock, and red clover to a teapot.
2. Pour in hot water and steep for 12–15 minutes.
3. Strain and drink warm.

Benefits

- Nettle supports detoxification and reduces skin inflammation.
- Burdock root helps cleanse the blood and liver, often linked to skin health.
- Red clover balances hormones and improves skin conditions like psoriasis.