

RADISH LEAVES TEA

What is the benefit of radish leaves tea?

- Increases immunity and reduces fatigue
- Helps in digestive process
- Diuretic (helps reduce fluid build-up in the body)
- Anti-scorbutic (cures or prevents scurvy = disease caused by severe lack of vitamin C)
- Can treat piles (haemorrhoids)
- Treats jaundice (medical condition caused by obstruction of the bile duct, by liver disease, or by excessive breakdown of red blood cells)
- Relieves rheumatism
- Prevents diabetes
- Acts as a detoxifying agent

RADISH LEAVES TEA RECIPE

Ingredients

1 tsp dried or fresh chopped radish leaves

1 cup (2½ dl) boiling water

little honey or maple syrup after taste



Method

1. Take one heaped teaspoon of radish leaves.
2. Infuse in boiling water for 5 minutes.
3. Filter.
4. The tea may be sweetened with a little honey or maple syrup after taste.
5. Drink warm in sips.