

LAMB'S EAR LEAVES TEA

Lamb's ear leaves tea can be consumed for colds, gum and throat infections, and asthma.

Ingredients

1 teaspoon of dried aerial parts of the plant

2½ dl (1 cup) boiling water



Method

1. Take one teaspoon of dried lamb's ear.
2. Boil water.
3. Pour water on the herb and allow it to steep for 10-15 minutes.

Instruction

1. Drink three times daily to ease menstrual cramps, joint pains, diarrhea relief, and for dysentery.
2. A tincture may also be prepared for the same use, and should be taken in the amount of one to two millilitres, three times daily.
3. For treatment of headache and neuralgia from anxiety and nervousness, a tea may be prepared from 1-2 teaspoons of the dried aerial parts infused in boiling water for 10-15 minutes. The infusion may be drunk three times daily. Alternatively, 2-6 millilitres of a tincture made from the aerial parts may be taken three times daily.