

CALCIUM TEA

Holistic Herbal Protocol

For attaining and maintaining optimum health and well-being

Calcium is one of those pesky minerals that can be difficult to get into the right places to be used by the body. It's kind of like trying to get marbles through a funnel that's too small. Plant calcium is extremely user friendly, and the following tea is a tasty way to get it where it needs to go. It's an excellent herbal blend that is full of high quality and naturally biochelated calcium and other minerals. Oats and nettle, two calcium powerhouses, respectively have 1430 mg and 2900 mg per 100 grams of herb. The tea is wonderful for babies who are teething (best if started before the actual teething begins), for children in high growth periods or who have suffered muscle and/or bone injury. Rosemary Gladstar is a world-renowned herbalist and a delightful lady. This recipe comes from her informative book "A Family Herbal" which I highly recommend.

HIGH CALCIUM TEA

3 parts rose hips

2 parts lemon balm

2 parts lemongrass

2 parts oats

1 part nettle

½ part cinnamon

Pinch of stevia or honey (optional for sweetening)

I add a few drops of lemon essential oil

Combine herbs and store in airtight container. To make tea boil 1 quart of water per ounce of herb or 1 cup water to 1 Tablespoon of herb. Pour water over herb and steep 30 to 60 minutes. This method is an INFUSION, not a simple tea. The longer the herbs steep, the stronger the infusion. **(Please see resource section to purchase herbs or RCV Farm on-line store for Calcium Tea.)** Good hot or cold: if iced use herbal ice cubes and throw in sliced lemons.

DOSAGE

Adult dosage 1 cup

Under 2 yrs ½ to 1 teaspoon

2 to 4 yrs 2 teaspoons

4 to 7 yrs 1 tablespoon

7 to 11 yrs 2 tablespoons

Calcium assimilation is effected by STRESS, exercise, stomach acid and the presence of Vitamin A, C, D and magnesium & phosphorous. Best food sources: fish, dairy*, seaweed, sesame salt (gomasio), tahini & dark leafy greens. There are approximately 2 grams of calcium in: 2 oz nuts, 1 oz seaweed, 2 oz carob,

1 oz cheese, ½ cup cooked greens, ½ cup milk, 3 eggs, 4 oz fish or 1 Tbls molasses. Wild greens: lambs quarters, mallow, shepherd's purse, knotweed, DANDELION. These wild allies all have more calcium per 100 grams than milk does.

*A great deal of controversy exists as to whether dairy calcium is absorbable.

This holistic herbal regimen is intended for the maintenance of the best possible state of health and is not involve diagnosing or prognosticating a health condition. Rather, these educational recommendations are a holographic approach to optimal well-being.