Spring Cleansing with Longevity Liver Flush Tea

There are many liver and gall bladder cleanses floating around the alternative health world. Some of them are very intense, causing a huge dump of toxic accumulation in a short one or two day time period. These are helpful for some people, but can be complicated for others if their systems are too congested or degenerated to handle this extreme cleansing.

I prefer *Longevity Liver Flush Tea* to all others, because it is very gentle and stimulates a gradual cleansing. It stimulates the liver and gallbladder to release just a little at a time, keeping things in balance.

By the end of a 10 day to two week period of taking this tea, you may find yourself with a cleaner and clearer liver and gall bladder, without the stress on your body that a more intense cleanse can create.
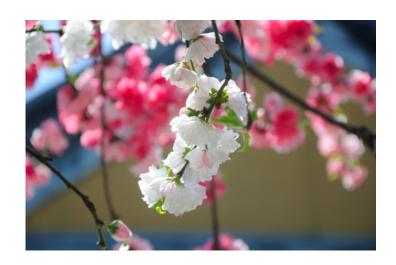
I recommend taking a course of this tea for at least 10 days, every spring. It is a marvelous formula for maintaining a healthy liver and gall bladder.

This tea is available by order from our website, **www.whitesagelanding.net.**

To make the tea:

1 to 2 tablespoons of bulk tea mix
4 cups of fresh water

Place the herbs and water in a small saucepan and bring to a boil. Turn the heat down to low and let it simmer for 10 to 15 minutes. You should have at least 2 cups of liquid left in the pan--if you need to add a little more water to make 2 cups, do so.

 Strain and drink one cup of tea while it is hot. Store the rest of tea in refrigerator and rewarm it for the next dose.

Take a cup of tea once a day, making a new batch whenever you need it.

You may up the dosage to 1 cup, twice a day, only if you have done liver cleansing before and feel the need to do a more intense cleansing.

If it is your first time using Longevity Liver Flush Tea, we suggest only 1 cup daily, in the morning before meals. You may add a small amount of sweetener—only honey, organic unrefined sugar, stevia, or unrefined maple syrup—if desired.

Contact us: Kathryn and Michael Sharp e-mail : **km@whitesagelanding.net**