

## CISTUS TEA

How to make Cistus Tea! (From Amy Fisher on Facebook)  
Here's how Dr K says to do it:

Bring leaves to gentle boil, put on lid, and simmer for 5 min. The lid prevents the release of the therapeutic volatile oils. Strain and do it 2 more times with fresh water, save all the tea and combine.

Use 2-3 tbsp of Cistus per liter of water.

Use less when first beginning. Use more if you tolerate it.

Work up to 6 -8 cups per day. It's very strong. Some of us had to start with a tablespoon. Most people are fine starting with a half to full cup. If you herx too hard simply back down on amount.

You can also pour boiling water over Cistus in a tea strainer or use a press pot. It will not be as potent but this is how I do it. Keep it covered as it steeps. Reuse same tea leaves 2 more times.

Tea is fine hot or cold or on ice. I keep leftovers in the fridge for use the next day and freeze it in ice cube trays.

I say a prayer as I make my tea, thanking it for healing me ☀️

\*To draw all the therapeutic oils out, you need fresh water each time. Boiling the marc each time (the marc is the used tea) accomplishes this because oils move on an osmotic gradient, from high concentration in the leaves to low concentration in the water. Each of the 3 brews of Cistus addresses different issues in your body.

Dr K recommends the Ki Science brand above all others as they harvest from wild plants; lots of people like other brands also, but these plants are farmed and have different chemical profiles.

<https://kiscience.com/sardinian-cistus-incanus/>

[https://www.youtube.com/watch?v=oLJOfHcPkhk&list=PLpJk7vdCF97kSe\\_pl8\\_UXB11GDL1BIJC4&index=5](https://www.youtube.com/watch?v=oLJOfHcPkhk&list=PLpJk7vdCF97kSe_pl8_UXB11GDL1BIJC4&index=5) this is Dr Klinghardt discussing cistus tea in 11 min video

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This is from the Ki Science website:

For Cistus Incanus Infusion, add approximately 2-3 spoons of loose tea leaves to 1 litre of fresh water. Bring the tea leaves to an ultra-brief boil, then simmer for 5-10 minutes and let cool down. Enjoy!

The strength can vary according to taste but basically the weaker the tea the greater the quantity you might need to consume. We suggest starting drinking a minimum of 3 cups per day at the above strength and possibly going up to 6-8 cups per day.

The pot/cup has to be covered with a lid to avoid the escape of the volatile oils from the plant (which contain the precious manoyloxides and labdanum).

We recommend storing the leaves at room temperature. Do not store leaves in the fridge. Once brewed, the tea itself can be drunk either warm or chilled, throughout the day. It can be stored in the fridge, in a covered glass container, for 2 -3 days or frozen into ice cubes (or even lollipops!). Also, Stevia can be added or honey or lemon juice to suit your own taste. Ki Science has available a Whole leaf Stevia tincture (Sweet Stevie) which can be added not just to sweeten the tea but for its other important effects. We do not recommend to use the commercially available clear Stevia extract.

The same tea leaves/bag should be reused (and reboiled), brewing them up to 3 times, as different healing ingredients come out with repeated soaks and boilings. On the 2nd and 3rd time the precious phenolics come out (deeper red colour). The last brew should be simmered for a longer time than the earlier brews. We recommend doing the re-brewing within a period of 24 hours to maximum 48 hours (depending on the surrounding temperature) from the initial boiling, in order to avoid any mold being formed on the used tea leaves. Another option could be to do 3 brews one after another from the same tea leaves and then mix these together.