

## How to make Bay Leaf Water

Use a stainless steel pot for boiling 2 to 4 quarts of purified or distilled water (this is very important! If you do not have a whole house or kitchen faucet filtration system for your tap water, do NOT use tap water! )

Once water is boiling, put in fresh bay leaves (found in the produce section of your local supermarket). Organic is preferred.

6 to 8 bay leaves for 2 quarts of water

9 to 12 bay leaves for 4 quarts of water

Reduce boil to a simmer, and simmer gently for 15 minutes. The water will turn a pale green.

Turn off the stove and allow water to cool. Leave the bay leaves in the water while water is cooling, then remove and dispose or compost.

Water can be drunk warm like a tea with a small amount of raw unfiltered honey (a great anti-inflammatory) or water can be refrigerated and drunk cold. Bay leaf water does not have any taste to it, so adding some honey will give some taste to it. Bay leaf water acts as a natural and gentle magnet in pulling metals out of the blood, tissues and organs.

Drink as much as you wish. If you are having liver or kidney pain, bay leaf water is a great detox for those organs. Relief is normally felt by the next day.