

How to make flaxseed tea

- Add 2 Tablespoons of flax seeds (linseeds) to a 1 litre pan of water.
- Bring to the boil, and then simmer for one hour. Leave to stand overnight to cool down.
- (**Ideally**, add around 500 ml water the next morning, stir and re-boil / simmer for a further hour). The long boiling/ simmering/ soaking period is required because the whole flaxseed needs this process to begin to release its mucilage fully .
- When is this re –boiling / simmering process indicated ? In my experience/ view: when the colon is severely dehydrated (Very little release for much of the on –table colonic session means the colon is hydrating, and can't release.)
- Use a clean cheese cloth to separate the seeds from the liquid. (**Hint**: do invest in a cheese cloth, it makes the process much, much easier! (Soak and wash the cheesecloth after use; the cloth will be sticky!)
- When cool, pour the liquid into a glass jar (mason jar works well) and store (covered) in the refrigerator. It will thicken to a viscous egg white consistency (a thick, kind-of-gelatinous texture). It keeps for 2 to 3 days or so.
- To drink as a tea, pour some of the flax seed liquid into a mug (to up just about one inch height), and fill the rest of the mug with hot water. Stir it. Add a non caffeinated herbal tea bag of your choice, *or* sprinkle 1/4 of a teaspoon cinnamon into it, and drink throughout the day. The flax seeds have a nice, mellow, nutty flavour.
- To get the full benefits of flaxseed, it should be taken on a regular basis and drinking its tea, is perfect for this.

Benefits

It's a hydrating agent for the colon , and helps to stabilize blood sugar fluctuations. Its cooling and soothing , ideal for inflamed conditions.

Where there is inflammation , there is dehydration.

From emotional point of view, its good for fear /anxiety.