

REDUCING THE ALCOHOL CONTENT

“Burning off the alcohol”

We recommend burning off the alcohol when taking liquid herbal tinctures. To do this, place 1 to 3 ounces of simmering (not boiling!) distilled water into an empty cup, then put all your liquid formulas together in the cup of water. Allow to cool for approximately 10 minutes, during which time the steam carries off some of the alcohol.



*Liquid herbs can also
be consumed in fruit
juice, plain water, or
a smoothie!*

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