

**How To Make Herbal Teas And Heal Your Body
Naturally By Jessica Ross**

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Jessica ross (author of how to make tinctures and

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Building Your Medicine Chest: So here are a few tips for providing comfort and assisting the body in healing: I like to prepare herbal teas when administering

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I also make a 1 quart canning jar full of herbal tea using Xylitol in their sweet tea. :) Thanks for sharing Jessica! Naturally With This DIY Healing Rub;

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