



Bitter herbs are plants that contain tannins which are astringent in nature. An astringent is a substance that causes tissues to shrink or constricts body tissues. Astringent means “to bind fast”. Astringency, the dry, puckering or numbing mouthfeel is caused by tannins in bitter herbs. The tannins in bitter herbs bind the salivary proteins which hasten and bring about and accelerate the cleansing process suddenly, unexpectedly, or prematurely.

Use

Bitter herbs is used to cleanse and repair the cells in the digestive tract and aid in the detoxification of the body. Bitter herbs also help to rebalance the flora which helps keep harmful bacteria under control and restore the health of the digestive tract which in turn aids in restoring the balance of the whole body.

Here is a list of some bitter herbs

These Herbs Can Increase Daily Bowel Movement

Black Walnut Hulls

Black walnut hulls (*Juglans Nigra*) contain juglone, a compound with anti-fungal and anti-parasitic properties. They're often used to treat parasitic infections, such as pinworms or ringworm, and fungal conditions like candida overgrowth.

Cloves

Cloves (*Syzygium Aromaticum*) is rich in eugenol. Eugenol have anti-inflammatory and analgesic properties. Clove have been traditionally used to relieve gastrointestinal discomfort, such as gas and bloating, and also help fight against harmful bacteria and parasites in the digestive tract.

Wormwood

Wormwood (*Artemisia Absinthium*) is well known for its bitter taste, is commonly used for its antiparasitic properties, particularly against intestinal worms. It also aids digestion by stimulating the production of digestive juices.

Use As Tea

Instructions for use:

Put 16 oz. of Spring Water into a glass or clay pot. Add $\frac{1}{4}$ cup of loose herbs to the water. Boil for 2 minutes, then simmer on the lowest setting for an additional 25 minutes. Strain the tea and let cool.

Drink the tea from a glass or copper cup only. There should be approximately 8-12 oz. of tea remaining after simmering and straining. Place the strained herbs in the refrigerator in a sealed glass jar to be used a second time to make tea. Dispose herbs in the grass (not the trash) after the second use.

Keeping Your Mouth Clean

Keeping your mouth clean is crucial for overall health. It helps prevent bad breath, tooth decay, gum disease, and other oral health issues. Additionally, oral hygiene is linked to systemic health, impacting heart health, and organs. Regular brushing and flossing are essential for maintaining a clean mouth and a healthy body.

These bitter herb help promote oral health.

Neem Leaf

Boost dental and oral health.

Oregano Leaf

Boost dental and oral health.

Rosemary Leaf

Boost dental and oral health.

Clove Bud

Boost dental and oral health. **Frankincense**

and Myrrh Resin

Boost dental and oral health.

Instructions for use:

Use herbs as a powder tooth paste. Brush and floss at least twice daily. In between meals use Licorice Root or Guinea Hen Weed shrub to keep the teeth, gums and tongue clean.

Stay focused, it's time to place your health back into your control.

Ezekiel 47:12

12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.

Psalm 104:14

14 He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;

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