

Burdock



Burdock Root can be prepared as a food or a tea. It has high amounts of fiber and its medicinal and health properties helps lower blood pressure and blood sugar, improves skin conditions, aids in digestion, detoxifies the liver, promotes hormonal balance and boosts immunity.

Tea recipe:

To make tea, put 1 teaspoon of ground burdock root into a cup and pour boiling water over top. Let steep for 5 minutes before drinking.



Wabano
CENTRE FOR ABORIGINAL HEALTH

