

Chaga



Chaga is a mushroom that is found on the birch tree. It is a powerful antioxidant, boosts your immune system, and has significant amounts of riboflavin, niacin, potassium, copper, etc.

Chaga is believed to improve brain function, normalize cholesterol levels, and stabilize blood pressure.

Tea recipe:

Bring 12 cups of water almost to boiling point (175 degrees or 80C). Turn down to low & add one of the following: chaga tea bag, 1/4 cup powdered chaga, or 1 one-inch chunk of chaga.

Steep approximately 5-8 hours.