

LINSEED TEA

2 x tablespoons whole linseeds

2 pints of water (1 litre)

- Bring to the boil and turn off.
- Cover for 12 hours (or at least a few hours)
- Cover the pan and bring back to the boil very gently and simmer for 1 hour
- Strain straight away and throw away the seeds

You will be left with a gloopy liquid which can be stored in a fridge for 3-4 days.

Add a little of the gloopy liquid to your drinking water 3 times a day.

The water and oil from the flaxseeds help to hydrate, calm anxiety and helps balance blood sugar.