



How to prepare Soursop tea

There are several ways to make the Soursop (Graviola) tea but we have found this way to be the best.

Materials needed:

- a. 5-7 dried soursop leaves
- b. one litre water

All our leaves are top quality and dried professionally. The leaves are wrapped in small bags and then vacuum sealed to keep the potency at it's highest.

Procedure:

- 1. Add 5-7 dried soursop leaves to 1 litre of water and bring to the boil..
- 2. Simmer the leaves for 10-20 minutes on a low heat.
- 3. Turn off the stove. Let the tea cool. It is now ready for drinking.

Assuming one large cup or mug is 250ml you will have enough for 3 cups per day.

When you prepare soursop tea, make only enough for the day because the potency of the tea is at it's peak for 7 or 8 hours. Although you will be using the tea over a 12-24 hour period, the potency drop only very slightly. You may put the tea in the refrigerator. Any leftover tea after drinking your daily dose must be either thrown out or it can be given to someone else.

Make a new batch of tea every day.

You can let the leaves stay in the kettle for as long as you like. You can make the tea a few hours before letting it draw out the goodness out of the leaves and giving you the highest potency.

The difference is the first cup for the day will be almost clear while if you keep the leaves in the kettle, then the last cup for the day will be almost black in colour.

By keeping the leaves in the pot it extracts all the ingredients from the leaves and can be stronger.

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Drink 1 cup of tea 3 times per day, 30 minutes before each meal.

Drink the soursop tea for 30 days consecutively only.

Take a 10 day break.

Not suitable for pregnant or breast feeding mothers.

Due to restrictions placed upon us from Australian regulators we can no longer provide any treatment options.

You can however find them on other sites as listed below:

<https://soursopinfo.com/SoursopTeaGuide.pdf>

<https://soursop.biz/SoursopTeaGuide.pdf>

If you would like further information please email us on admin@soursopleaves.com.au or contact us on 03 9018 2025