



### **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 leaving the leaves in the pot it extracts all the ingredients from the leaves and can be stronger.

#### **THE 30 DAY TREATMENT PROTOCOL:**

- a. This treatment requires drinking the tea 3 times a day, one cup of tea, 30 minutes before every meal. (The tea is absorbed more easily in an empty stomach. When taken after meals, the tea is mixed with the food, and it has to wait for the food to be digested before it gets absorbed together with all the other nutrients. Taken before meals, the tea hits the bloodstream quicker.)
- b. The soursop tea, drank 3x a day, 30 minutes before meals, is taken for 30 consecutive days only. More than that, it may affect your gut flora. So after 30 days, it may destroy the good bacteria in the stomach.
- c. After the 30 day treatment, have yourself checked up by a doctor to see if your illness is still there. Are the symptoms of the illness still there? If check-up result says illness free, then taper off your treatment dose to maintenance dose.

### **REST YOUR BODY**

### **FOR 10 DAYS, NO DRINKING OF THE TEA**



But after the 10 days,

#### **REPEAT THE 30 DAY TREATMENT PROTOCOL.**

Even if the symptoms disappear before the repeat treatment is over, finish the 30 days to make sure that not a single sick cell is left in your body. Or else, that single sick cell will multiply very quickly, and the problem returns.

#### **IMPORTANT SUMMARY:**

The 30 day treatment protocol then is this: Drink soursop (graviola) tea 3x a day, one cup 30 minutes before each meal, for 30 consecutive days, no skipping!

#### **THE MAINTENANCE DOSE:**

After the illness has cleared, don't stop taking the soursop tea abruptly. The maintenance dose is one cup/glass of soursop tea a day, 30 minutes before meals, taken for 5 consecutive days during the week, resting the body for 2 days. For easy remembering, drink the soursop tea from **Monday to Friday**, rest on **Saturday and Sunday**.

The ideal way to make the tea for the maintenance dose is to pre-prepare the tea the night before leaving the leaves in the pot or kettle. The next day you can then transfer this to the fridge to drink daily, so there is no need to make a new batch everyday.

Use the same procedure for making the tea as the 30 Day treatment with the exception of preparation the night before. The amount of leaves and water does not vary.

#### **How long will one be taking the maintenance dose?**

For as long as you feel good taking the soursop tea. Or you may taper off to the Body Tune Up.

#### **THE BODY TUNE UP:**

Everybody, sick or not, may take the soursop tea body tune up drink. Soursop (Graviola) has been known to boost the immune system, protects against flu, coughs and colds, fever, etc. One cup/glass of the soursop tea, 30 minutes before a meal, at least 3 days a week, every other day. Drink soursop tea MWF, or TThS, rest on a Sunday.

#### **CAUTION: DON'T OVERDO IT ON THE TEA**

1. An overdose will cause nausea and vomiting. However, if this happens, just lessen the dose down to your tolerable level. Instead of one cup of soursop tea, make it 1/2 cups. Adjust the dose for children. 30 ml for kindergarteners, 1/2 cup for bigger kids.
2. Don't add or mix some other healing substances to the soursop tea because of the danger of chemical incompatibility. If at all, take them at different times.
3. Not to be taken by pregnant or nursing mothers and small children under 2 years old.

**Remember, Soursop tea must be taken before meals.**