

# Shou Wu Tea

Shou Wu Tea is a combination of three herbs:

1. **Shou Wu.** Also known as Radix Polygoni Multiflori, Fo-Ti Root, or Fleece Flower Root. One of the premier herbs in Chinese Medicine, Shou Wu is believed to nourish the blood in the liver and kidneys, which can strengthen your body and improve your health in many ways.
2. **Ligustrum.** Also known as Nu Zhen Zi, Fructus Ligustri Lucidi, or Glossy Privet Fruit. This herb has similar properties to Shou Wu and acts as a “helper” when combined with Shou Wu.
3. **Achyranthes Root.** Also known as Huai Niu Xi, or Radix Achyranthis Bidentatae. This herb, in addition to serving as a “helper” for Shou Wu, is believed to “move blood” and strengthen tendons and bones in Chinese medicine.

## Directions

Step 1: Take roughly 10 grams apiece of the three ingredients. In case you do not have an accurate kitchen scale, it should look roughly like the picture at right (notice the teaspoon and the quarter, which are included to show scale).



Step 2: Add all three ingredients to a pot, then add 5 to 6 cups of water and boil for at least 30 minutes.

Step 3: Drink 1 to 2 cups daily. You can take one cup in the morning and one in the evening. You can store boiled tea in the refrigerator and warm it up for later use.

## Special Instructions and Precautions

- If you are taking diabetes medications, you should monitor your blood glucose level, since there is some evidence that ligustrum may cause it to drop.
- If you are experiencing diarrhea, you may want to avoid taking shou wu, since there is some evidence that it may have a mild laxative effect.
- If you are pregnant, you should avoid achyranthes root (this is the root which looks sort of like wooden dowels). You can still make the tea with just the shou wu and ligustrum.