

QUICK REFERENCE SHEET

CAC

(Formerly Colon & Cleansing)

Buckthorn, Burdock, Licorice Root, Poke Root, Red
Clover, Senna, Uva Ursi



1.00 Buckthorn
1.00 Burdock
0.50 Licorice Root
0.50 Poke Root
0.50 Red Clover
0.50 Senna

Total Herbs 4.5 oz
Tincture Ratio - 1:8

CAC has a laxative effect on the bowels and is used for cleansing and purifying the body and the blood. CAC is particularly effective when used as a tea, rather than as a tincture.

Instructions:

Mix 1/2 cup of herbs with 1 quart of distilled or filtered water. Bring to a boil, then simmer for 45 minutes. Strain. Add the same herbs that you just strained to another quart of fresh water. Bring to a boil and simmer for another 45 minutes. Strain. Mix the two liquids.

Dosage is 4 - 12 ounces once or twice a day. I don't know why the method is as it is, but those are the instructions I was given and which I have read for similar formulas in other herbal reference materials. This method produces a very potent brew.