



## **Eczema Relief**

Use the infusion brewing method below to create an eczema relief tea. One part each: calendula flowers, burdock root, and licorice root (or use a single herb). Calendula is used for its anti-inflammatory actions, burdock for its alterative action, and licorice for its anti-allergy support to reduce atopy. Remember, this herb combination doubles as a recipe for a compress; simply brew extra and apply it directly to soothe hot and itchy skin.

### **For Loose-Leaf Infusions:**

“1. Put 4 to 6 tablespoons of dried herb (or 6 or 8 tablespoons of fresh herb) into a glass quart jar.

2. Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)

3. Strain and drink.”

R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*