**RECIPE FOR LINSEED TEA**

2 Tablespns flax seeds  
1 litre water

Add flax seeds to the water in an adequately sized pan (as it tends to boil over easily). Bring to the boil for a brief moment, turn out the heat and put the lid on the pan. Leave to stand for 12 hours or overnight. Then bring it back to the boil and very gently simmer for 1 hour stirring occasionally to prevent the seeds from sticking to the bottom of the pan. Keep a close eye on the pan as it can easily boil over and makes a big mess! Strain the seeds off the gloopy liquid and discard the seeds. Keep the liquid in a bottle in the fridge, it should keep for about 3-4 days and can be thinned to taste with hot or room temperature water. This is very soothing for the digestive tract and also very re-hydrating for the body. You can drink as much as you like – the more the better and it can count as part of your daily water intake. It is also quite soothing at bedtime.

**RECIPE FOR LINSEED MILK**

1-2 Teaspoons flax seeds  
Use a coffee grinder to grind the seeds to a powder. Put the powder into a mug and top up with warm water, mix together well then leave to one side for ½ hour until it goes thick then drink. This is very good for stomach ulcers, Crohn’s, hiatus hernia and any sort of ulceration of the digestive tract. It is much quicker to make than linseed tea and more nurturing. You don’t need to strain this.