

## **‘Khemmo,’ Herbal**

3 Tbsp. licorice root

3 Tbsp. red clover

2 Tbsp. burdock

2 Tbsp. stillingia root

2 Tbsp. berberis root

3 Tbsp. poke root

2 Tbsp. cascara sagrada

2 Tbsp. prickly ash bark

2 Tbsp. buckthorn bark

3 Tbsp. astragalus

5 Tbsp. chaparral

2 Tbsp. bloodroot

3 Tbsp. reshi

1 quart blackstrap molasses

Mix all powdered herbs. Place herbs in pot and pour water over herbs. Boil for 8 minutes, and then add 64 ounces of blackstrap molasses. Boil for 5 minutes. Strain. Take 1 ounce 3 times daily.