Dr. Morse's Handcrafted Botanical Formulas

Heal All Tea



This formula was handcrafted to act in two major ways, first as an overall body detoxifier and fluid cleaner (blood and lymph). Second, to strengthen the function of the cells of the body. Alongside a diet of fresh fruits and vegetables, this formula assists in proper hydration of the body and helps to strengthen the cells and their structure/function capabilities. There are many ways you can use this tea.

Tea for drinking

To make the tea, add 1 teaspoon of the loose herb mixture per one cup of distilled water. Cover and simmer for 7 minutes, then remove from heat. Steep an additional 10 to 15 minutes, then strain and drink. You can add a bit of honey and/or fresh lemon juice as well for taste. Drink 2 to 3 cups of tea daily. If you brew a large amount at once, store it in the refrigerator and drink within 48 hours. You can drink it hot or iced, whichever you prefer.

Douche/Enema

To make a douche or enema, brew the tea by adding 1 teaspoon of the loose herb mixture to 2 cups of distilled water. Cover and simmer for 7 minutes, then remove from heat. Steep an additional 10 to 15 minutes, then strain well using a cheese cloth. Let the tea cool to room or skin temperature before adding to your douche/enema bag. For douching, use once daily for two weeks, take a break for two weeks, then repeat. Try to plan your two-week break to align with when you have your monthly cycle, as we do not recommend douching during that time. You may need to prepare a larger amount of the mixture for the enema. Use as needed for constipation and bowel cleansing.

Poultice

To make the poultice, mix the loose herb mixture with a small amount of warm, distilled water, and add to a mortar and pestle. Crush well to release the natural juices. You want it to become a thick, spreadable paste, so you can adjust the amount of water and herbs as needed to reach a good consistency. Add the paste directly to the skin or into a muslin cloth. Cover the area with a clean cloth or bandage and leave for 20 to 30 minutes, then remove and wash the area gently with warm water. You can follow this by applying our Tissue Repair Salve.

Mouth Rinse

To make a mouth rinse, brew the tea as you would to make a drink. Take a full mouth of tea, and swish and gargle for 30 seconds to a minute, then spit out the mixture. Do this prior to brushing your teeth once or twice daily.

Skin Toner

To make a skin toner, add 1 to 2 teaspoons of the loose herb mixture with 2 cups of distilled water. Cover and simmer for 7 minutes, then remove from heat. Steep an additional 10 to 15 minutes. Let cool, then then strain well using a cheese cloth. Pour mixture into a spray bottle (amber glass is best) and apply to skin daily. Store in refrigerator and use mixture within 3 to 4 days. Another option is to soak a cloth in the brewed tea and apply it to the skin.