

## Rosemary Gladstar's Tea for Diarrhea

3 parts blackberry root  
2 parts slippery elm bark

1. Mix the herbs together (for example, 3 ounces [85 g] blackberry root and 2 ounces [57 g] slippery elm bark).
  2. Simmer 1 teaspoon of the herb mixture in 1 cup (250 ml) water for 20 minutes.
  3. Strain and cool.
- To Use:** Take 2 to 4 tablespoons (30 to 60 ml) every hour, or as often as needed.

## Tincture Combination for Diarrhea

1 ounce (30 ml) goldenseal root tincture  
1 ounce (30 ml) acacia tincture  
1 ounce (30 ml) cryptolepsis tincture  
1/3 ounce (10 ml) grapefruit seed extract

Combine tinctures, shake well.

**To Use:** Give full dropper (30 drops) for every 150 pounds (68 kg) of body weight every 1 to 2 hours in water or orange juice until symptoms cease. If symptoms persist longer than 48 hours, see a physician. The severe *E. coli* O157:H7 bacteria is quite dangerous, especially to children.

