



## **Cedar Tea**

Cedar is a sacred tree and, like sweetgrass and tobacco, is part of many ceremonies. It's used to purify homes, in sweat-lodge ceremonies, and as a medicine. The tea of simmered branches is used to treat fevers and rheumatic complaints, chest colds, and flu. This brew is delicious warm or cold and is simple to make. Just simmer 2 cups of fresh cedar in 4 cups of boiling water for about 10 minutes until the water becomes a golden color. Strain off the cedar and sweeten with maple syrup, to taste.

## **Traditional medicine**

Cedars have been sacred to Native American communities for millennia used for ceremonial purposes, as well as medicinal.

The Cedar tree has many practical and medicinal uses. Cedar is offered to the sacred fire during sweat lodge ceremonies, burned during prayers and when boiled, can purify indoor air, and be used for cedar baths.



### **How to prepare cedar medicine**

1. Collect cedar branches following traditional protocols.
2. Place 2 cups of fresh cedar into a large pot with 8 cups (2 liters) of water.
3. Bring the cedar to a boil, and keep boiling for about 10 minutes until golden and you smell the aroma throughout your home.
4. Take big calming breaths, breathing in the steam.
5. You may also place it in a bowl to directly breathe in the steam.
6. Once boiled, remove the pot from heat and let the liquid cool. Strain cooled liquid into another clean container.

Once strained, it is ready to be warmed up to drink as tea, adding honey, maple syrup, or another sweetener if you like. It is best to drink it warm. You may continue this procedure as long as you wish.

Recommended amount: Maximum 4 cups/day

### **PRECAUTIONS WHEN USING TRADITIONAL MEDICINE**

As with any medicine, exercise caution. Follow instructions for preparation and use, and do not exceed recommended intake. Pregnant or breastfeeding women should not drink this or any other traditional medicine unless under the direct advice and guidance of a traditional healer.