

Indian Fire Tree Bark Instructions

You'll need: **1 bag of Indian Fire Tree Bark (IFTB)**
 1 or 2 ice cube trays: 14 cubes each is ideal, but 12 will do.
 Small Ziploc bags

Soak entire contents of bag in 1 gallon plus 2 cups of pure water in glass or stainless steel pot for 2 hours. Bring to a boil, then lower heat and simmer slowly for 30 minutes. Strain. Refrigerate when cool.

Option 1:

Fill an ice cube tray with tea and freeze. Place the frozen cubes into a Ziploc bag, and label. Repeat until all the tea is frozen into cubes.

As needed, remove one cube from bag and thaw in a cup. Mark the cup **Indian Fire Tree Bark** and **label the dose on it**. Measure 1/8 tsp dose and give it to the patient daily. Keep it refrigerated. Take out a new cube as needed. After two weeks increase the dose to ¼ tsp; continue to increase by ¼ tsp every two weeks until maximum dose recommended by Dr. Hicks.

Option 2:

Using an ice cube tray, measure 1/8 tsp of the tea into each section of the tray. Freeze. On a small ziplock bag, write "1/8 tsp". Place the frozen tea sections into that bag, and place it back into the freezer. Each piece is one daily dose of the IFTB tea.

Using the same (now empty) tray, place ¼ tsp of the tea into each section. Freeze. Place those frozen pieces into another ziplock bag marked "1/4 tsp". Place it into the freezer, ready to use when the first bag with the smaller doses is empty.

Follow this same freezing procedure, increasing the amount of tea placed into each tray by ¼ tsp, until the cubes are equal to the maximum dose recommended by Dr. Hicks. The tea lasts only a few weeks in the refrigerator; you will want to freeze the entire gallon within a day or two.

These are general instructions. Dosing is subject to Dr. Hicks recommendations.