

Overview

This tea is made of three components, corresponding to the alchemical properties of mercury, salt and sulfur. I do not use alcohol for extractions so this is my modified version (Mercury would normally be an alcohol extraction).

1. Cut up dried roots
2. Water extraction at room temperature (Mercury)
3. Hot water extraction (Sulfur)
4. Burn roots to ash, add ash to water extractions (Salt)

Ingredients

30g Sida Cordifolia roots, cleaned and dried
1½ gallon rain, spring or distilled water

Materials and Equipment

Small lightweight container
Digital gram scale
Gardening bypass shears or scissors
Coffee grinder
Two quart glass jar or stainless steel pan
Tea strainer or fine mesh kitchen strainer
Kitchen funnel
One gallon glass jar or jug with lid
Small plate or bowl
Stainless steel dutch oven or wide-bottomed pan
Outdoor stove
Long-handled knife or equivalent to use as a poker

Directions

Place container on digital scale, zero scale, and then weigh about 30g Sida Cordifolia roots.

Dried S. Cordifolia roots are thin, about 1/16" to ¼" in diameter x 10" long, and light. The roots are stringy and tough. I highly recommend the use of high quality gardening bypass shears to cut them up. A good pair of scissors will eventually work but will take quite a bit of time and effort.

Tip: If you find yourself spreading S. Cordifolia pieces around your work area you might want to take this as a signal to slow down a bit.



This is approximately 30g cut up with the shears.



Grind up a little bit at a time in a good quality coffee grinder. I like to fill my grinder only about $\frac{3}{4}$ full.



If you're not careful the roots will also do a number on your coffee grinder. I've never had an issue with difficult-to-grind materials such as MHRB but the thicker pieces of S. Cordifolia root bogged down my coffee grinder the first time I tried this (another reason to use the shears). I give my grinder a rest when I feel it getting warm.

Some people have a problem with the S. Cordifolia dust. I avoid this issue by waiting a couple of minutes after grinding before opening the lid.

The ground up roots somewhat resemble pencil shavings.



Here's all 30g ground up in a glass jar



Add 40 oz of water and allow the mixture to soak for 24 hours at room temperature. Rain or spring water is best, distilled water is an option but I usually just use tap water.



Currently I add water to the jar (or stainless steel pan) as I add the ground up root. This also helps keep the dust down. This photo shows a larger batch (50g *S. Cordifolia*).



After 24 hours strain the mixture. Here's a setup using a kitchen funnel and tea strainer.



Here's a setup with a kitchen funnel and strainer. This lets a bit more particulate matter into your extract but that's OK.



Seal the container holding the tea and put it in the refrigerator while performing the next step in the extraction.



Here's the root after the first extraction.



Place the root in a stainless steel pan or Dutch oven (preferred) and add about a gallon of water to the pot. Place the pot on the stove, turn the burner on to the lowest setting, cover and let it **gently** simmer (**NOT** boil) for a few hours.



I like to perform this step at night. When I go to bed I turn the burner off and let the mixture sit in the covered pan overnight.

The next day transfer the tea from the refrigerator into a 1-gallon glass jug. Again using the kitchen funnel and tea strainer, filter the liquid into the glass jug. This second filtration is much easier because at this stage the root clumps together and stays at the bottom of the pan.



Place the damp ground up roots back in the pan, place the pan on the burner, turn the burner on to “low” and let the low temperature slowly dry out the roots. Stir the roots ever few minutes so they dry evenly.

Cook the dried roots over an open flame outside. If they’re nice and dry the roots will burst into flames in a few minutes and then turn to ash as the flames extinguish.

Tip: You can use denatured or grain alcohol to get a flame going if it needs coaxing.



I've tried accomplishing the burning to an ash gently in the stove without success. My stove doesn't get hot enough for the roots to completely ash over, even turned up to 500 degrees.



Here's what the roots look like after the flames die out.



Bring the pan back inside, place it on a burner and turn the burner on high. The remaining black pieces of root will sparkle a beautiful orange in the pan. I use a long-handled knife (it gets very hot!) to expose all the roots to the heat and speed up the ashing process.



Very little ash will remain – perhaps only a tablespoon from the original 30g.



Add the ash to the gallon jug with the two liquid extractions. I like to use a little of the liquid extract to clean out the ash remnants from the bottom of the pan and the funnel.

Let the S. Cordifolia spagyric extract sit sealed for a day or so in the refrigerator, then enjoy! 😊

Recipe

The taste of S. Cordifolia tea is, well, not great. I can just imagine a child taking a sip, making a face and saying, "It tastes *funny!*" So here's my recipe for S. Cordifolia tea.

First, make ice cubes out of the S. Cordifolia spagyric extraction.



In a 12-oz iced tea glass mix:

4-6 S. Cordifolia ice cubes
6 oz. chilled iced tea
2 oz. cranberry juice
splash of lemon juice

This not only tastes good but also is an effective natural stimulant and is good for you!

More Information on Sida Cordifolia

<https://iamshaman.com/eshop/10Expand.asp?ProductUID=1218&ProductCode=BTK-1OZSida>

<http://www.shivashakti.com/bala.htm>

<http://www.shamansgarden.com/p-71-bala-root-sida-cordifoliaindian-ephedra.aspx>

<http://www.viable-herbal.com/herbdesc3/1sidacor.htm>