



Black Tea Concentrate

Preventing dehydration is the number one priority when treating diarrhea, and the kind of fluid you use is important. In diarrhea, the lining of the intestine becomes inflamed, impairing its ability to absorb water. I always recommend keeping some Pedialyte in the house, no matter the age of the inhabitants. To help gently slow diarrhea (but not completely stop it), the tannins in black tea can be very useful. I have used this many times over the past 40 years.

Ingredients:

- 2 black tea bags (decaf or regular)
- 8 oz near-boiling water

Directions:

Pour nearly-boiling water over the two tea bags and steep for 15 minutes. After 15 minutes, remove tea bags.

How to Use:

Take 1 teaspoon of concentrate every 15-30 minutes until diarrhea slows.

Note: Monitor for signs of dehydration. Seek medical attention if diarrhea is bloody and/or accompanied by severe abdominal pain and/or high fever.