

# SENNA LEAVES

## *Natural Diuretic*

Senna leaf is a powerful diuretic proven to cause elimination and relief from constipation by stimulation of the intestines and promoting bowel movements. Senna leaf should be used only for severe or prolonged constipation and not as part of daily digestive support. It is intended for occasional, short-term use when there has been no bowel movement for two to three days and gentler measures have not worked. In those cases, you can either step it alone or combined with other supportive, non-stimulant herbs, Senna should not be used frequently or long-term, as it works by stimulating intestinal movement rather than restoring digestive balance.

Not to be confused with the pharmaceutical medication Senna, which is made by extracting the properties from the actual senna leaf (as most medicines are extracted from the herb that Abba Yahuah created) but without all the extra ingredients that cause other health problems.

## **Suggested dose:**

Steep 8-10 oz of water and boiling pour over ¼ teaspoon of senna leaf preferably with 1 teaspoon of supporting herbs for 8 to 10 minutes.

Best taken in the evening. Pairs well with “Loose The Binds” Herbal Tea.