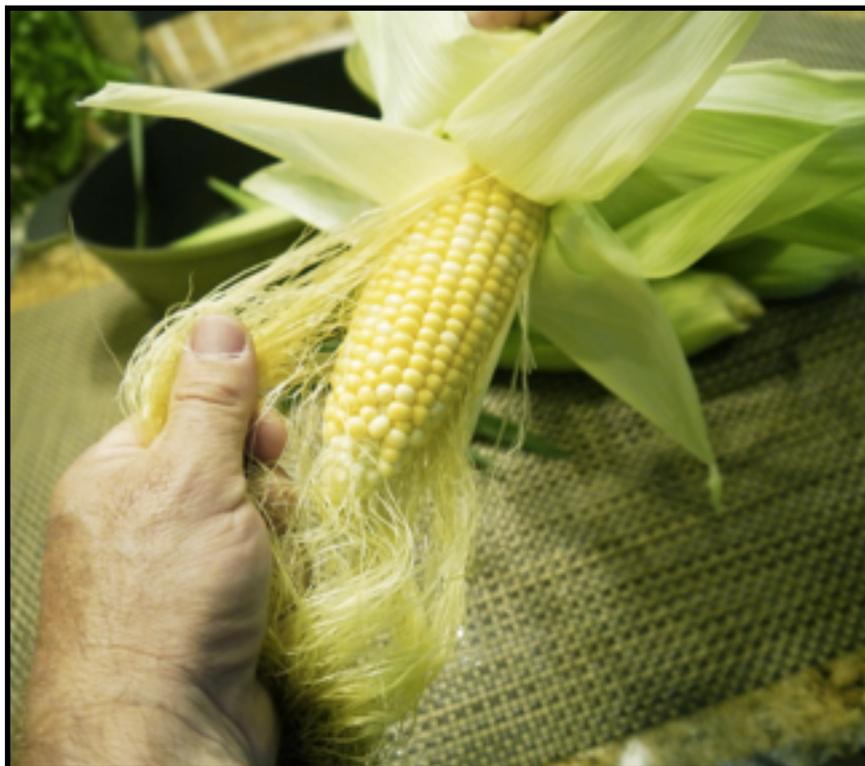


## Corn Silks

Ever wondered what you could do with the corn silks that are attached to fresh corn husks after you pull off their leaves? Most people just toss them in with the waste and don't give it another thought.

Did you know corn silks have been used for centuries to make one of the most effective diuretics used in the treatment of cystitis, bladder inflammation and irritation, incontinence / bed wetting in adults and children + it tastes delicious as a hot tea or an iced tea.



<http://www.cookbetterthan.com/wp-content/uploads/2013/04/remove-the-corn-silk.jpg> viewed 17/6/15

Corn silks are best used fresh from the corn husks or but are as effective used dry. If you are smart you will save these silken tresses and start drying them so you have them on hand when they are truly need.

Pull the silks away from the leaves and spread them out on a piece of kitchen towel inside a window ledge for a few weeks until they almost crumble in your hands and you are sure they have dried out. As the corn silks start to dry out they change to becoming red-brown in colour, this is normal.

Store the corn silks in a jar labeled with "Corn Silk" + the date your packed them into the jar. They will keep for a few years if kept in a dark dry cupboard.

### **Corn Silk Tea** (Therapeutic dose)

Corn silks: 60 grams of freshly husked corn silks (3 - 4 cobs of corns yield about 10g silk)

Or 10 grams of dried corn silks

1L water

- Husk your corn carefully reserving the silks if using fresh or measure out the dried silk required
- Pour hot water over the material and leave it for about 10 minutes, strain, add honey if desired.
- Top up herbal material with another 500 mL hot water as you need
- Drink continuously until symptoms abate.