

RAS EZRA · BUSH MEDICINE, HONEST

Yard Roots

The morning pot I boil for my own people.

You commented ROOTS. Here it is — the whole pot, what is in it, what is *not* in it, and the parts most men would not tell you.

READ THIS FIRST

Before you boil anything

Keep taking your medicine.

Exactly the way your doctor gave it to you. Not one pill less, not one day skipped. Nothing in this pot replaces anything in that bottle — and if you ever hear a man in a video tell you different, close that video. **That includes me.**

And I will say the hard thing first, because you came to me about your back: **this tea will not take your back pain away.** Nothing in a cup does that. What it does is give you one warm thing you do for yourself every morning, the way my people always did.

PUT THIS DOWN ENTIRELY IF YOU ARE

- Pregnant, trying for a baby, or nursing. **Not one cup.**
 - A child. I am talking to grown people with grown problems.
 - On dialysis, or living with kidney disease.
 - On a blood thinner — warfarin, Eliquis, Xarelto, or a daily aspirin your doctor told you to take. Not because this is poison, but because your blood is already being managed by somebody, and roots move that needle.
 - Living with liver trouble.
 - Having any surgery in the next two weeks. And when you go — **tell them you drink this.** Tell the doctor and the one who puts you to sleep, even if nobody asks.
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About the ice on your toe

In the video I showed you ice on the big toe, on the point they call Liver One. I have to add something to that — and I am adding it here because I did not say it there.

If you have diabetes — or your feet go numb, tingle, or cannot feel a light touch — do not put ice on your foot.

You can hurt the skin and never feel it happen. A sore on a diabetic foot is not a small thing, and it does not stay small.

Do the breathing part. Skip the ice.

That goes for every video of mine you ever see.

Stop and ask, if you take...

**Pain pills off the shelf —
Advil, Motrin, Aleve,
ibuprofen, naproxen**

I put this first on purpose. You came to me about your back, and most people do not count these as medicine. Those plus a pressure pill plus a water pill is already hard on your kidneys before I showed up.

A blood pressure pill

Your pressure can go down further than it should. Dizzy when you stand is the first sign.

A water pill

It can dry you out and move your potassium around.

**Losartan, lisinopril,
valsartan — anything
ending in *-sartan* or *-pril***

No potassium pills and no salt substitutes like NoSalt or Nu-Salt while you drink this. Ask your doctor to check your potassium.

**Metformin, glipizide,
insulin**

Your sugar can drop. And metformin plus being dried out do not go together. If this ever loosens your bowels — **stop**, drink water, call your doctor. Loose bowels is not the tea working. It is the tea hurting you.

A cholesterol statin

It may change how your body handles the pill.

Lithium

Do not start this tea. Speak to your doctor first.

A thyroid pill

Take the tea at least two hours away from it.

**Anything holding your
immune system down**

Do not drink this without your doctor clearing it.



ONE NUMBER, ONE FREE VISIT

The one number to ask for

If you are over sixty and take a blood pressure pill, ask your doctor for one number: **your kidney number. The eGFR.**

It is on a blood test you have probably already had. If nobody ever told you that number, do not start this tea until you know it.

I know most warnings say *go see a doctor*, and I know what that costs in this country. So here is the one that costs nothing: **walk into the drugstore and ask the pharmacist.** Bring your pill bottles and this page. He will check them against each other for free — no appointment, no bill.

WHAT TO WATCH IN THE FIRST TWO WEEKS

Check your pressure every morning. If the top number goes under 100, or you feel dizzy standing — sit down, stop the tea, call your doctor. **Do not drive when you feel like that.** If your sugar reads under 70, eat something sweet right away and stop the tea.



THE POT

What goes in the pot

Makes four small cups. You drink one.

- **One thumb** of fresh ginger root. The size of your thumb, not your fist.
- **Two stalks** of fresh fever grass, or two tablespoons dried.
- **One tablespoon** of dried sorrel — the red flower.
- **Six pimento berries**, whole.
- **Half a lime.**
- **Four cups** of cold water.

Nothing else.

No sugar. No honey. No molasses. No rum.

Where you find these in America



GINGER

Any grocery store, vegetable side. **Fresh root, never the powder** — powder is far stronger than your eye can judge, and I want you judging with your eye.



FEVER GRASS

Caribbean or Asian market, fresh, in stalks. No fresh? Two plain lemongrass tea bags. **That is a substitution** and I tell you plainly that it is one. Same plant, weaker pot.



SORREL

Any Latin market — ask for **flor de Jamaica**. It sits with the dried chiles. Not a substitution: same flower, another name, two dollars.



PIMENTO

The spice aisle calls it **allspice**. Buy the whole berries, never the ground.

One rule for buying, and it matters more than the price. If a bag has no ingredient list and no Latin name printed on it, leave it on the shelf. And do not buy a bottle of roots tonic already made — you cannot see what is in it, and back home that trade has no label, no date and nobody watching it.



THE FIRE

How you boil it

- 1** Wash the ginger. You do not have to peel it. Cut it into coins.
- 2** Ginger and pimento berries into the pot with four cups of cold water. Lid on.
- 3** Bring it up, then turn the fire low — **twenty minutes**. Hard things go in first. That is how roots are done.
- 4** Fire off. **Now** the fever grass and the sorrel. Lid back on, **five minutes, no more**. Boil the leaf and the flower long and the pot turns bitter and does you no good at all.
- 5** Strain it. Squeeze the half lime in.
- 6** Let it cool. Clean jar, into the icebox.

How you drink it

One cup a day. In the morning.

Not two. Not three. One thumb of ginger for the *whole pot*, not per cup. **More is not better with roots. More is how people get hurt.**

- **First three days, half a cup.** You are learning what your body has to say, and half a cup asks the question quietly.
- **Two hours away from your pills** — especially a thyroid pill.
- **No sugar, honey or molasses.** The old people sweetened theirs with molasses and I will not pretend otherwise. But molasses is sugar, and I am talking to people with sugar trouble.
- **No rum.** With metformin or a pressure pill, that is a bad night waiting.



HOW LONG IT KEEPS

Three days in the icebox, in a clean jar with a lid. That is all.

If it fizzes, smells sour or turns cloudy — **throw it out and do not taste it first.** Fizzing is not the roots waking up. Fizzing is fermenting.

Four weeks on. Then two weeks off. That is how my grandmother did it and that is how you do it. And I tell you straight: *I have no study behind that number.* It is my caution, not a measurement.

WHAT THE OLD PEOPLE DID

And why I do not ask it of you

They boiled the roots twice — poured off the first water, put fresh water on the same roots, boiled it again, and mixed the two waters. Then they bottled it, let it sit a month, and some buried the bottle in the ground to keep it cool.

That is the real way, and I am not asking it of you. A pot that sits and works for weeks is making alcohol and growing things your eye cannot see. Mine goes in the icebox.

THE REFUSALS

What is *not* in my pot, and why

STRONG BACK

There is a root they call strong back. It is in almost every bottle of roots tonic anybody ever wrote down. I know it. My people know it. The man who cut cane all day swore by it, and his father before him. **And I am still not sending you to buy it.**

Four different plants wear that name. Four. The bag you buy on the internet does not tell you which one is inside — and nobody has ever tested a single one of them on one single human being. Not for backs. Not for anything.

I do not put a plant in my pot when I cannot name it. That is not me knowing less than the next man. That is me telling you what I do not know.

CHANEY ROOT AND SARSAPARILLA

That is what makes a pot *roots tea* instead of just tea. Every bottle I ever saw had chaneey root in it. I still keep them out of the cup I hand you: **they pull water out of a man.** I am talking to people who already take a water pill and a pressure pill, whose kidneys already carry that load — and most were never told what shape their kidneys are in.

DO NOT ADD THESE YOURSELF

Licorice root — it raises pressure and drops potassium; the one root that fights your medicine head on. **Turmeric with black pepper** — that exact pairing is in the write-ups of people who ended up with hurt livers. **Senna** or anything sold to move your bowels. **Honey, molasses, sugar. Rum.**

AND IF YOU EVER SEE THESE ON A LABEL, WALK AWAY

**Aristolochia • contribo • duck flower •
birthwort • tan pon rock**

That one takes kidneys, and there is a warning on it from the government of this

Why each thing is in my pot

I keep three things apart: what the old people say, what somebody actually tested on human beings, and what is only talk. Mix those three and I am no better than the men selling powder on the internet.

GINGER — *ZINGIBER OFFICINALE*

What the old people say: it warms you, settles the belly. It is in every Jamaican kitchen there ever was.

What was actually tested on people: the only thing in this pot doctors ever tested properly. They tested **knees and hips — not backs**. The help measured was **small** — small enough a man might not feel it in his own body even though the numbers moved. And more people quit ginger than quit the sugar pill they were given instead, because it upset their stomachs.

So I will not tell you ginger takes pain away. I give it to you because it warms you from the inside. If it burns your chest, stop.

FEVER GRASS — *CYMBOPOGON CITRATUS*

Tested on people: almost nothing, and I will not dress that up. One old study found it did no harm and also did nothing measurable. **It is here for the smell and the calm — I make no claim on it.** It is also the safest thing on my list.

SORREL — *HIBISCUS SABDARIFFA*

Tested on people: this is the one with real human testing behind it. And here is where I turn it around on you, because most men would *sell* you this part. It can lower blood pressure. **That is not my selling point — that is my reason for caution.** If you already take a pressure pill, that is two hands pulling the same rope. That is exactly why it is one tablespoon for the whole pot, one cup a day. **I am not putting a number on this page. The number would only become a promise.**

PIMENTO — *PIMENTA DIOICA* · LIME

Nothing tested for health, and I will not invent any. Pimento is here because it makes the pot smell like home — that is the whole reason and it is reason enough. Lime is taste, and it keeps your hand away from the sugar bowl.

About that word, detox

You commented ROOTS because I said *detox tea*. Let me straighten that word out before you drink anything.

The old people called a pot like this a **blood cleanser**. That was *their* word for it. **I am not telling you it cleans anything out of you.** Your liver does that work all day and all night, and it does not need my pot and it does not need my permission. I am telling you what they called it — and then I am handing you the pot.

STOP THE TEA AND CALL SOMEBODY IF

- You feel faint, or the room goes gray when you stand.
- You shake, break a cold sweat, get confused, or go suddenly hungry.
- You bleed easy or bruise from nothing.
- Your water turns dark, or your eyes or skin go yellow.
- You swell up, cramp, or your heart runs uneven.
- Your chest burns after the cup — that is the ginger, and this pot is not for you.
- Hard pain under your right ribs after eating. That can be a stone in the gallbladder.

And hear this one, because it is the trap. If your numbers get better while you drink this, that is **your medicine and this tea working together**. It is not permission to stop the pill. Write the number down, carry it to your doctor, and let *him* decide about the pill. Never you. And never me.

WHAT THIS TEA IS NOT

It is not medicine. It is not a treatment for your back, your pressure, your sugar, or anything else. It will not take your back pain away — nothing in a cup does that. If anybody tells you a root cures a bad back, close that video. **Mine included.**

It is a warm thing you make for yourself in the morning, the way my people always did.

Give thanks.

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. This tea does not replace any medicine your doctor gave you. — **Yard Roots, Version 1.0, August 2026.** If I ever change what goes in this pot, I will tell the people on my list first.

