# How to make chaga tea?

One of the most common questions that people ask is “How to make chaga tea?” There are many methods floating around the internet, and it’s really hard to say what is the best method of making chaga tea, but we’ll give you the one that we use ourselves and recommend to our customers. However, if you know of a better way of brewing chaga tea, you can always share it with us.

## Step One: Assemble all the needed tools

Aside from chaga, you’re going to need a large pot, a jar, and a strainer.

If the chaga that you have was sold to you in chunks there is no need to grind it up. Just make sure that the chunks are no larger than a golf ball. Chaga is porous enough, so even if you don’t grind it, all the nutrients will easily escape it during the brewing process. Not to mention that cleanup is a lot easier when you don’t have to deal with a bunch of grinded up chaga.

## Step Two: Add water

You can use regular tap water or bottled water if your tap water is as bad as ours.

## Step Three: Heat the water but don’t let it boil

This is the point where methods diverge. Some people say that the water should never boil, since it destroys active ingredients. Others say that a chaga tea brewed using ‘no boil’ method is simply too watery and doesn’t have a lot of taste.

A study by Greg Marley shows that chaga’s anti-cancer components are present only in tea that was boiled. On the other hand, chaga tea that was not boiled doesn’t have anti-cancer components, nor does it have polysaccharides that stimulate the immune system.

However, according to Cass Ingram study, the medicinal components of Chaga are not only made up of polysaccharides. They also include sterols, SOD, proteins, and enzymes including peroxidase, catalase, DNAase, and RNAase, all of which are destroyed by boiling. This makes it important not to let the chaga boil, but to let it simmer at a steady temperature of 160ºF.

## Step Four: Let it steep

We found that it is best to let the chaga tea steep for at least 2 hours. If you wish to make a strong chaga tea, you may want to let it steep on low heat for many hours and even leave it overnight. Furthermore, you’ll have to let your chaga steep for a longer time if you’re using the same chaga for a second or third brew.

## Step five: Pour off the tea

Once chaga was brewed for long enough, let it cool off and pour the tea into a glass jar.

## Step Six: Store the chaga or make more chaga tea

The best thing about chaga is that it can be used several times before the tea becomes too weak to drink. Some people make lots of chaga tea all at once, while others store chaga for later.

## Step Seven: Store your chaga

In order to store your chaga for future use, you can either place it in a plastic bag and freeze it, or you may dry it in a stove. When drying it in a stove, put it on the lowest settings and crack open the door to let the moisture escape. We do not recommend drying your chaga in a stove if you’re planning to brew more tea out of it; however, if you wish to use it as tinder or incense, then go right ahead,