

# Herbal Tea Recipes & Remedies



Over 80 Tea Recipes that will Heal  
Detoxify & Relax Your Body & Mind



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## Introduction



**Gardens, supermarkets, and health-food stores are filled with edible flowers, herbs, bushes, trees, even some weeds that, when steeped, make delicious and healthful hot brews.**

Drinking a tea brewed from freshly gathered herbs is an easy way to get nature's healing force into your body - something we all need, whether we are healthy or fighting illness. Fresh plants help strengthen the immune system and detoxify. They are loaded with vitamins, antioxidants, essential oils, soluble fiber, minerals (including calcium), enzymes, chlorophyll, and numerous compounds to boost our health.

Herbs are plants that are valued for their medicinal, aromatic, or savory qualities. Many are tasty, too. A fresh tea made from fresh herbs captures between 50 and 90 percent of the effective ingredients of the plant. (Roots would need an alcoholic extract, so leave them out.) Much of what you can use in your tea may already be growing in your garden, and what is not there you can easily plant or purchase. Because you drink with your eyes and nose as well as your palate, you want your tea to consist of three kinds of ingredients: greens, blossoms, and herbs.

How will this tea taste? Appealing and complex - and different every time because the ingredients change with the seasons. If you already like green tea, you'll be pleased with the smooth, rich flavor of your garden tea.

Kitchen herbs for your tea - such as basil, thyme, rosemary, mint, and oregano - are a delight to grow (though you can buy them in supermarkets year-round). They thrive everywhere, even in poor soil, and need little watering. Many do not need to be grown in full sun. You can even cultivate a variety of kitchen herbs in small pots on a bright windowsill. There they do require a bit more attention, since they do not like to be over- or under-watered.

Don't be afraid to try out and experiment with combinations. However, do not use any plants that have been sprayed with pesticides, and never harvest anything you find

growing along the roadside. Be careful to avoid poisonous greens, such as the leaves of tomato or potato plants.

The beauty of your garden tea is that you can vary it by changing the combination of kitchen herbs, ornamentals, and weeds that you pick. No matter what the recipe, though, you'll feel good, literally, after drinking what you've made.

Teas made from your garden are a surprising departure from those brewed with ready-made tea bags. Be prepared for a fresh, vibrant, unfamiliar mix of tastes.

We hope you like this mix of recipes that we have put together, to get you started!

### **Disclaimer**

These herbal uses and properties are only given for reference purposes. I am not responsible for any actions or outcome of use of these remedies, taken by persons using these references.

Please be aware that like food a person may have a personal reaction to an herb that is not necessarily a toxic substance.

If not sure what the uses and dosages of herbs to be used are please consult a medical or holistic practitioner

Information provided is not designed to diagnose, prescribe, or treat any illness, or injury and is provided for informational purposes only.

Always consult a medical doctor, or other alternative medical practitioner when suffering from any disease, illness, or injury, or before attempting a traditional or folk remedy.

Keep all products away from children.

As with any natural product, they can be toxic if misused.

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## Chapter 1



### 21st Century Tea

There are so many ways that our immune systems can be overwhelmed ... it's in our air, our water, our food, our workplace, our stress. This blend of organic and wild herbs is not only helpful but comforting, strengthening and tasty.

- 1 part red clover blossoms
- 1 part nettle leaves
- 1 part pau d'Arco
- 1 part alfalfa & sage leaves
- 1 part St.Johns wort tops
- 1 part ginger root

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### ADD/ADHD Remetea

- 1 Teaspoon Hops
- 1 Teaspoon Gotu Kola

Bring 1 1/2 cups of water to a boil. Place the herbs inside, place lid on tightly and let it steep for 5 minutes. Drink twice a day.

### After Dinner Carminative Tea

1 cup water  
1 tablespoon fennel seeds

Bring the water and fennel seeds to a boil with the lid on the pan and let sit for 15 minutes and enjoy this calming cup of tea. Fennel is a wonderful herb for digestion and can help your body increase its ability to digest a big meal or a meal with lots of fat.

### **Allergy Season Blend**

Cool minty, citrus flavour to assist you with the discomfort associated with allergy season.

1 part nettle  
1 part peppermint  
1 part spearmint  
1 part yerba santa  
1 part eyebright  
1 part lemongrass leaves  
1 part calendula  
1 part red clover  
1 part lavender flowers  
1 part fennel seeds  
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Aphrodite Blend Tea**

A sensuous, aromatic blend with just the right tint of zest for your palate, and sure to kindle flames! A delicate, but dashing combination makes this one of your most enjoyable cups of tea.

1 part Damiana leaves  
1 part rose petals  
1 part peppermint leaves  
1 part muira puama  
1 part ginkgo leaves  
1 part orange peel

1 part cinnamon bark chips  
1 pinch of stevia.

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Bladder Infections Tea**

1 ½ oz dried Goldenrod  
1/4 oz Juniper Berries\*  
3/4 oz chopped Dandelion root  
3/4 oz chopped Rose Hips

Pour 1 cup boiling water over 2 tsp of mixture. Steep 10 minutes & strain.

\*can become toxic, so only drink 2 cups of this mixture daily for no more than 3 days\*

### **Blood Builder Tea**

1 tsp Rose Hips-crushed  
1 tsp Butcher's Broom  
1 tsp Yellow Dock

Bring 3 1/2 cups of water to a boil. Remove water from heat and add herbs.

Place a tight lid on the pot. Let the mixture steep for five to ten minutes.

Drink one cup three times daily. Yields three cups.

### **Blossoms of Health Tea**

Beautiful to look at, nectar to taste and good for you. A popular tea.

Spirited, uplifting and energizing.

1 part ginkgo leaves  
1 part red clover tops  
1 part nettle leaves  
1 part meadowsweet leaves  
1 part calendula  
2 parts chamomile  
2 parts lavender flowers

1 part gotu kola leaves  
a pinch of stevia.

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Blues Tea**

1 part Nettle leaves,  
1 part St Johns wort tops  
2 parts spearmint  
1 part damiana leaves  
1 part kava kava root  
a tiny pinch of stevia to taste

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Breast Health Tea**

2 parts calendula  
2 parts red clover  
1 part cleavers  
1 part lady's mantle

Spearmint or peppermint (optional; for flavor)

Prepare as an infusion, using 1 ounce of herbs per quart of water, and letting steep overnight. Drink 3 to 4 cups daily.

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## Chapter 2



### **Bronchial Congestion Tea**

1 ½ oz Aniseed  
1 oz Calendula flowers  
¾ oz Marshmallow root  
⅓ oz Licorice root

Crush aniseeds and add to herbs. Pour 1 cup boiling water over 1 tsp mixture; cover & steep 10 minutes.

### **Calming Tea 1**

1 oz Lemon balm  
1 oz Chamomile flowers  
½ oz St Johns Wort

Steep 2 tbs of mixture in 1 cup boiled water. Cover 10 minutes; strain.

### **Calming Tea 2**

1 Part Sage  
1 Part Thyme  
1 Part Marjoram  
1 Part Chamomile

Blend ingredients in a tea ball and put in a mug of hot water

### **Colds and Flu Tea**

1 oz Blackberry leaves  
1 oz Elder flowers  
1 oz Linden flowers  
1 oz Peppermint leaves

Pour 1 cup boiling water over 2 tbs mixture. Cover & steep 10 minutes; strain.

### **Colds and Hoarseness Tea**

2 oz Malva flowers  
1 ½ oz Mullein flowers

Use 2 tbs of mixture per 1 cup hot water. Steep 10 minutes; strain.

Drink only 2 - 3 cups per day for just a few days.

### **Winter Tea**

Boneset  
Echinacea  
Peppermint

Just use equal parts of each, or pre-made tea bags...3 bags, 1 of boneset, 1 of echinacea, and 1 of peppermint.

The echinacea works as an immune system builder, the boneset is great for congestion, aches and fever (the classic flu symptoms), and the peppermint aids with any stomach complaints due to drainage from the sinuses, and just works as a great overall "feel-good".

### **Coughing Fits Tea**

1 1/3 oz. St. John's Wort  
2/3 oz. Thyme  
2/3 oz. Linden Flowers

Use 1 tsp. of the herb mixture per cup of boiling water to soothe irritations of the upper respiratory tract that cause coughing. Steep for 5-10 min., strain, sweeten if necessary. This tea has proved helpful with bronchitis and whooping cough.

### **Crone Root Tea**

For menopause and beginning a new cycle of life.

2 tablespoons wild yam  
2 tablespoons licorice  
3 tablespoons sarsaparilla  
1 tablespoon chaste berry  
1 tablespoon ginger  
1 tablespoon false unicorn root  
2 tablespoons sage  
1 tablespoon cinnamon  
½ tablespoon black cohosh

### **Detoxification Tea**

1 tsp Green Tea leaves

Simmer 1 cup water & pour over leaves. Cover & let stand 4 minutes.

### **Dream Tea**

2 parts Rose  
1 part Mugwort  
1 part Peppermint  
1 part Jasmine  
1/2 part Cinnamon

Drink to cause dreams.

Combine all ingredients thoroughly, fill tea diffuser @ 1 tsp. per cup of boiling water

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## Chapter 3



### Dual Purpose Tea

Do not drink more than 2 cups a day.

2 teaspoons dried German Chamomile flowers  
1 cup boiling water

Steep the flowers in the boiling water, covered, for 15 minutes.

Strain, then slowly sip the infusion to relieve nausea, stomach upset, and lessen menstrual cramps.

### Echinacea & Roots Tea

A tasty way to help strengthen and support your natural resistance. A very popular tea.

1 part echinacea purpurea root  
1 part pau d'arco  
1 part dandelion root (raw and roasted)  
1 part sarsaparilla bark  
1 part cinnamon barks  
1 part ginger root  
1 part burdock roots  
1 part sassafras bark  
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Evening Repose Tea**

When the sun sets over the hill and the new moon dips her silver softness, savour the tranquility in our evening repose blend. It's a perfect toast to the rising moon. A robust flavour of flowers and mint.

1 part roses  
1 part lavender flowers  
1 part lemon verbena leaves  
1 part chamomile flowers  
1 part each peppermint & spearmint leaves  
1 part blue malva flowers  
pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Fever Reducer Tea**

2 tsp dried Catnip  
1 tsp dry Vervain

Pour 2 cups boiling water over herbs. Steep 10 minutes & strain.

### **Flashes Blend Tea**

Brew up a pot and sip when needed.

1 part sage  
1 part motherwort  
1 part dandelion  
1 part chickweed & violet leaves  
1 part each elder flowers & oatstraw

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Flu-away**

2 medium cloves of freshly crushed garlic  
1 cup of very warm water  
1 teaspoon of honey  
1 teaspoon of lemon juice

Stir and drink.

### **Fluid Retention Tea**

1 oz Dandelion root  
1 oz Dandelion leaves  
2/3 oz Nettle leaves  
2/3 oz Spearmint leaves

Steep mixture in 1 cup of water for 10 minutes.

### **Tea for menstrual problems, fertility and childbirth.**

3 tablespoons sassafras bark  
2 tablespoons dandelion root  
1 tablespoon ginger root  
½ tablespoon cinnamon  
1 tablespoon licorice root  
½ tablespoon orange peel  
1 tablespoon pau d'arco  
¼ tablespoon dong quai root  
1 tablespoon chaste berry  
1 tablespoon wild yam

### **Forests Tea(formerly Lung Blend)**

1 part echinacea purpurea  
1 part elecampane  
1 part ginger  
1 part each pleurisy & licorice roots  
1 part white oak bark

1 part cinnamon bark  
1 part each orange peel and fennel seeds

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Happy Man Tea Blend**

1 part Siberian ginseng  
1 part dandelion root  
1 part nettle  
1 part each marshmallow & burdock roots  
1 part each hawthorn & saw palmetto berries  
1 part fennel seeds  
1 part wildoats  
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste. Climb into bed and enjoy!

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## Chapter 4



### Happy Tummy Tea

Put a smile on your face with this soothing and yummy tea.

- 1 part catnip
- 1 part spearmint & lemongrass leaves
- 1 part calendula flowers
- 1 part skullcap
- 1 part rosemary & sage leaves
- 1 part fennel seeds

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### Headache Tea

- Lavender
- Chamomile
- Rosemary
- Mint

Put a pinch of each herb in a coffee filter and place in your coffee maker.

Wait a half hour before drinking this mix, this should make you tired so you can sleep your headache away.

### **Healing Ginger tea**

2 cups of water  
4 tablespoons freshly grated ginger root

Place in pan with a lid on, bring to a boil, turn off the heat and let sit for two hours. Re-heat the tea, strain the herb from the tea and drink.

### **Insomnia Tea**

1 ½ oz dried Vervain leaves  
1 oz Chamomile  
½ oz Spearmint

Mix all and add to 1 cup boiling water. Steep 8 minutes; strain.

### **Less Stress Tea**

Relieves stress, relaxes low back and neck areas.

1 part chamomile  
1 part mint  
1 part calendula flowers

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Mellow Mood Tea**

This tea is made with the most palatable of the calming herbs.

Blended together, they'll defuse stress and anxiety and promote sound sleep.

#### **WHAT YOU NEED**

1 teaspoon chamomile flowers  
1 teaspoon lavender spikes  
1 teaspoon kava leaves  
1 teaspoon lemon balm leaves

1 teaspoon marjoram  
1 spray valerian flowers  
1 quart water

#### WHAT TO DO

In a large saucepan, steep the chamomile, lavender, kava, lemon balm, marjoram, and valerian to taste in the freshly boiled water.

Strain out the plant material. Drink the tea hot or cool as often as needed, refrigerating any left over for later use.

CAUTION: Chamomile is in the rag weed family, and many are allergic to herbs.

#### **Memory Zest Blend**

A mentally refreshing beverage, to help give you feelings of clarity and precision.

1 part ginkgo  
1 part gotu kola and peppermint leaves  
1 part red clover tops  
1 part rosemary leaves  
1 part ginger root  
a pinch of stevia.

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

#### **Migraine Tea**

1 2/3 oz dried St Johns Wort  
1 oz Valerian  
1 oz Linden flowers  
1/4 oz Juniper berries

Use 1 tsp of mixture per 1 cup boiling water. Steep 10 minutes & strain.

#### **Moon Ease Tea**

For that time of the month.

2 parts crampbark  
1 part chaste tree berries  
1 part each spearmint & skullcap leaves  
1 part marshmallow root  
1 part passionflower herb  
1 part ginger root

#### Procedure

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

#### **My Nerves Are Shot Tea!**

##### Uses:

Sleeplessness and Insomnia  
Job-related stress  
Panic attacks

##### Ingredients:

2 parts Chamomile  
1 part Jasmine  
1 part Hops  
1 part Lavender  
1 part Yerba Santa  
1 part Gota Kola  
1 part St. John's Wort

##### Preparation:

Place all herbs in a tea ball or bag, put in your nicest or most favourite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

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## Chapter 5



### **Natural Concentration Tea**

Helps you to become more creative in designing a more natural environment in your home.

1 part Celendula  
1 part mint,  
1 part sage (flowers only)  
1 part yarrow leaves

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Nausea Tea**

½ tsp dried Ginger root  
½ tsp Clove blossoms  
1 tsp Chamomile flowers

Pour 1 cup boiling water over herbs. Steep 10 minutes, strain & let cool.

### **Nervous Stomach Tea**

2 tsp Angelica root  
2 tsp Lemon Balm leaves

½ tsp Fennel seed

Bring Angelica root to a simmer in 4 cups water. Turn off heat, add lemon balm & lemon; steep 10 minutes & strain.

### **Nervous Tension Tea**

1 1/3 oz. St. John's Wort  
1 oz. Lemon Balm Leaves  
1 oz. Valerian

Use 1 tsp of the herb mixture per cup of boiling water. Steep for 10 min., strain, sweeten if necessary. Drink a cup before going to bed each night for several weeks to calm nerves, lift depression, and help you fall asleep more easily.

### **"No-Sweat" Tea**

4 cups boiling water  
1 tsp. dried hops  
1 tsp. stinging nettle  
1 tsp. fresh cut rose petals  
1 tsp. dried strawberry leaves  
1 tsp. fresh walnut leaves  
3 tbsp of dried sage leaves

Reduces perspiration within 2 hours of use with its effects lasting several days:

Combine all ingredients, cover and steep for an hour. Strain and sweeten with honey if desired.

### **Nursing Mother's Tea**

1 teaspoon crushed Fennel seeds  
1 cup boiling water

Mix the seeds with the boiling water. Cover and steep for 10 minutes.

Strain, and sip the infusion. Drinking a tea made with fennel helps to promote the secretion of breast milk in nursing mothers.

### **Pinkeye tea recipe**

Fill a tea ball with equal parts chamomile(antiseptic),borag (alleviated inflammation and redness),eyebright(excellent for conjunctivitis any other eye complaints) and elderflowers(beneficial for tired eyes).

Pour on 2 1/2 cups boiling hot(fresh from the kettle)water allow to steep until cooled. add 5 drops witchhazel extract(coolant and antiseptic) and stir.

Wash eye(outside) gently with infusion and put one drop of infusion in eye as needed or desired.

Also can be used by soaking a cloth in the infusion and putting over the eye until you eye feels better. if your using this for a child leave out the witchhazel.

This is good for anything where your eyes are painful inflamed and red.

### **Pleasant Dreams**

1 cup mugwort  
1/2 cup rose petals  
1/2 cup chamomile  
1/3 cup lavender flowers  
1/3 cup catnip  
2 tbsp mint

### **Quiet Child Tea**

Good for anytime of the day or right before bedtime.

1 part raspberry leaves  
1 part catnip  
1 part each spearmint & skullcap leaves  
1 part calendula flowers  
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Quiet Time Tea**

1 part oregano  
2 parts Chamomile  
1 part lemon balm  
1 part lemon thyme

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

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## Chapter 6



### Rejuvenation Tea

Etheric cleanser of old, stale thoughts and patterns of behavior for new beginnings and awakening.

- 1 part rose hips
- 1 part calendula flowers
- 1 part gallum (cleavers) flowers
- 1 part borage flowers
- 1 part nettles leaves

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### Relaxation Tea

- 2 parts chamomile
- 1 part lemon balm
- 1 part lemon peel
- 1 part thyme

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Sleep Tea Recipe**

2 tbs. Hops  
1 tsp. Lavender  
1 tsp. Rosemary  
1 tsp. Thyme  
1 tsp. Mugwort  
1 tsp. Sage  
1 Pinch of Valerian Root

Take a teaspoon of the mixture and pour into 1 cup of hot water. Let sit for 3 minutes then strain. Store the unused portion.

### **Soothing Tea**

1 part mint  
1 part hyssop  
1 part oregano  
1 part parsley  
1 part lemon balm

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

### **Spiced Relief**

1 teaspoon anise seeds, crushed or ground  
2-3 cinnamon sticks  
1 inch of ginger, sliced  
1-2 teaspoons dried loose Echinacea

Combine spices and Echinacea in a pot with three cups of water.

Bring to a boil and then simmer for 15-20 minutes to make a decoction.

Strain into a mug and add honey to taste. This is a multifunction tea. Anise acts as an expectorant, ginger soothes the cough, and cinnamon has anti-bacterial properties.

### **Tea For Health**

1 tablespoon China black tea  
2 teaspoon fennel  
1 teaspoon mint  
2 teaspoon rose hips  
1 teaspoon elder flower  
2 teaspoon hops  
1 teaspoon mullein

### **Tea for Nervousness**

1 ½ oz Peppermint leaves  
1 ½ oz Lemon Balm leaves

Use 1 tsp of mixture per 1 cup boiling water. Steep 10 minutes & strain.

### **Tummy Tea**

A wonderful tea blend to enjoy after a big meal or hectic day.

1 cup dried peppermint (or other)  
1 tbsp dried rosemary  
1 tsp dried sage

Crush ingredients and mix well. Store in an airtight container. Steep 1 heaping tsp in a cup of boiling water for 1 minute. Sweeten with honey.

### **Upset Stomach Tea**

8 oz Peppermint leaves  
8 oz Lemon Balm leaves  
8 oz Fennel seeds

Use 1 tsp of mixture per 1 cup boiling water. Steep 10 minutes; strain.

### **Urinary Infection Tea**

1 teaspoon uva ursi  
½ teaspoon each corn silk, cramp bark, marshmallow root and rose hips  
1 quart water

Simmer herbs in water for a couple of minutes, then steep them for 20 minutes. Strain herbs. Drink 2 to 4 cups daily. To make sure the infection is gone, continue taking the

herbs for 2 days after the symptoms disappear.

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## Chapter 7



### **Sore Throat**

Licorice root  
Slippery Elm  
Peppermint

### **The Common Cold**

1 1/2 tablespoons of Licorice root already brewed in a pot enough for two cups.  
Elderberry tea bag  
Chamomile

Steep the tea bag in the Licorice Root infusion and add in the Chamomile.

This can be done in the coffee maker, but the Licorice brew must be cool enough to be cycled through the machine.

### **Stomach ache (nausea)**

Must be done in a pot on the stove.

1 pod of Star Anise per cup  
Chamomile (bag or tea ball)

### **Fever buster Tea**

Catnip  
White Oak bark

Chamomile

Must be ingested as hot as the person can take it. Chamomile can be substituted for any other fragrant herb. It is added in only for taste.

**Dry, raspy cough**

Licorice Root

Slippery Elm

Mullein

Catnip

Chamomile

Honey

Lemon 1 wedge

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## Chapter 8



### **Aches and Pains Tea**

1 Tablespoon White Willow Bark

1 Tablespoon Catnip

Put in a tea ball and steep in boiling hot water for five minutes.

Drink as hot as you can stand it, then lie down for a nap.

### **Blood Builder Tea**

1 tsp Rose Hips-crushed

1 Tsp Butcher's Broom

1 Tsp Yellow Dock

Bring 3 1/2 cups of water to a boil. Remove water from heat and add herbs.

Place a tight lid on the pot. Let the mixture steep for five to ten minutes. Drink one cup three times daily. Yields three cups.

### **Constipation Tea**

1/2 teaspoon Cascara Sagrada

1 teaspoon Chamomile

Take in one dose before bedtime. One coffee cup full should do it.

### **Cramp Tea**

1 teaspoon Cramp Bark  
1 teaspoon Red Raspberry Leaves  
1 teaspoon Dong Quai

Take this tea in coffee cup full glasses. This makes enough for two cups. The tea is only good for six hours.

### **Detox Tea**

1 Teaspoon Pau D'Arco (Taheebo)  
1 Teaspoon Cascara Sagrada  
1 Teaspoon Echinacea

Bring 1 1/2 cups water to a boil. Place herbs into the water, cover tightly and let steep for five minutes. 1 cup two times a day should help. If bowels are loose, dilute combination in 2 to 2 1/2 cups water.

### **Dry Congestion Tea** (For thick congestion and irritated mucous membranes.)

2 parts Eyebright  
1 part Catnip  
2 parts Thyme  
1 part Goldenrod

Steep 1-1/2 to 2 tsp in a larger cup, such as a coffee mug, for 10 minutes.

You will likely need lemon or honey, as this remedy is rather bitter. Very soothing. Try to stay warm while drinking, and for a time afterwards.

\*\*If you experience any discomfort or unpleasant effects while drinking this tea, discontinue use. All herbs listed above are generally safe, though precautions should always be taken when using any type of medicine.\*

### **During cold or sinus season Tea**

1 small handful (about 1/4 cup) dried thyme  
1 small handful (about 1/4 cup) dried feverfew flowers  
1 large handful (about 3/4 cup) dried peppermint leaves  
1 Tablespoon dried and rubbed or crushed sage

### **End of Your Rope Tea**

1 Tablespoon Chamomile  
1 Tablespoon Peppermint

Put in a tea ball and steep in boiling hot water for five minutes.

### **Epilepsy Combination**

1 tsp Valerian

1 tsp Skullcap

1 tsp Hops

Bring water to a boil and add herbs. Cover pot with lid and let steep for 5 minutes..

### **Tea For Digestive Problems**

1oz. chamomile

2/3 oz. peppermint

1 oz. caraway seeds

2/3 oz. angelica

Use 1 tsp of the mixture per cup of hot water. Steep the mixture 10 min. and strain.

This tea soothes the gastrointestinal tract and stimulates digestive activity, making it useful for stomachaches or a too-full feeling

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## Chapter 9



### Heartburn Tea

- 1 tablespoon Chamomile
- 1 table spoon Peppermint
- 2 pods Star Anise

Boil pods for 5 minutes and steep the chamomile and peppermint in the Anise tea. Drink one cup every hour for two hours before bedtime.

### Hops Sleep Blend

- 2 ounces Hops, dried
- 2 ounces of chamomile, dried
- 1/2 ounce Eucalyptus leaves, dried
- 1 ounce Lemon Balm
- 1 ounce Orris Root powder
- 3 drops Lemon Balm essential oil

### Memory Minder Tea

- 1 tsp Gingko Biloba
- 1 tsp Panax Ginseng
- 1 tsp Peppermint

Bring two cups of water to a boil. Add herbs and place a tight lid over the pot for five to ten minutes. Take one cup in the morning and one cup around mid-day.

### **Stop that Cough Tea**

- 1 tablespoon Slippery Elm
- 1 tablespoon Mullein
- 1 tablespoon Catnip
- 1 tablespoon Licorice root bark

Boil the bark first in two cups worth of water for 10 minutes. Place the rest of the herbs in a coffee filter and place the filter in a strainer.

Strain the Licorice tea through the strainer into a mug and drink.

Honey and lemon can be added.

### **Super Relaxer Tea**

- 1 part (1 teaspoon) valerian root (dried)
- 1 part (1 teaspoon) Chamomile flowers (dried)

In a Teapot pour in 2 mug fulls of hot water (not boiling) steep for 5 mins. Strain or remove tea bags. Add honey if desired. This is great at night before bed

### **Tranquillity Tea**

Mix:

- 2 parts Red Clover blossoms
- 2 parts Rose Hips
- 1 part German Chamomile flowers
- 1 part Peppermint leaves

### **Very Odd Cure for Bad Breath**

Drink tea.

Researchers from the College of Dentistry at the University of Illinois at Chicago say compounds in tea can slow the growth of bacteria in our mouths, which is the primary cause of bad breath. The magic ingredients are antioxidants called polyphenols, and they are found in both green and black teas.

It's the bacteria that live on the back surface of the tongue and in the deep pockets between the gums and teeth that make our breath smell bad. The bacteria "make horrible, smelly stuff," lead study author Christine D. Wu explained to Reuters in an interview. "That's why we get bad breath."

Wu and her colleagues showed in earlier studies that black tea can slow dental plaque formation and help your toothpaste work more effectively. Her latest laboratory experiments have shown that tea's polyphenols not only inhibit three species of bacteria that cause halitosis, but also stop an enzyme that causes the formation of hydrogen sulfide - the ultimate culprit for rotten breath.

But here's the catch: Tea won't sweeten your breath. So don't throw out the mouthwash just yet. "All we can say is that a cup of tea will produce more than enough of these active materials to affect the bacteria," she said.

"Remember, this is a lab study. In the mouth, bacteria are protected by all sorts of things."

### **Baby Sleep Tea**

1 tsp hops  
1 tsp Chamomile

Place 4 cups of water into a glass or porcelain pot and bring to a boil.

Take the pot off the heat and add the herbals. Put a tight lid on the pot and let it steep for five minutes. Strain out herbals.

Place in four ounce glass bottle after it is cool enough for baby and let them drink it.

### **Depression Tamer Tea**

1 tsp St John's Wort  
1 tsp Gingko Biloba

Place 1 cup of water into a glass or porcelain pot and bring to a boil.

Take the pot off the heat and add the herbals. Put a tight lid on the pot and let it steep for five minutes. Strain out herbals. Place in a cup and sweeten with honey of desired.

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