

Healthy Teas

Teas are herbal drinks that help to calm the body, and absorb the healing powers of herbs. These are simple drinks to make and they provide us with natural effective herbal defenses against disease.

Nettle Tea

Nettle tea is a great tea to build your energy, balance your moods, and support your respiratory system. You can buy dried nettle in the bulk section in a health food store, or order it on-line.

Put in tea infuser ½ teaspoon of dried nettle in 1 cup of hot water. Drink in the morning on an empty stomach to help overcome allergic reaction to pollen.

Lemon Balm

Lemon Balm is a great tea to relieve tension, and good tonic for the nervous system. It is also a cleansing tea, so when you get a cold or a flu, hot lemon balm tea will help you to sweat out the toxins. You can buy dried lemon balm in the bulk section in a health food store, or order it on-line.

Use tea infuser and put ½ teaspoon dried herb, in 1 cup of hot water.

Fenugreek Licorice Tea

Fenugreek contains enzymes that help digest plant protein. So this tea is good for vegetarians. If you have a hard time digesting and assimilating plant protein, try fenugreek tea. It is good with lemon and honey. A nice blend is a mixture of fenugreek and licorice, which also helps digestion.

In a small pot put 2 cups water, ½ teaspoon fenugreek and ½ teaspoon licorice root, chopped. Bring to a boil, turn heat off, and steep for 10 minutes.



Digestive Tea

A simple tea to make which can be drunk after a meal, or in between meals, to aid digestion, includes three digestive seeds: cumin, coriander, and fennel.

To make ½ gallon (8 cups), which can be kept in the refrigerator and drunk throughout the week, place in a pot 8 cups of water. Add ½ teaspoon cumin seeds, ½ teaspoon coriander seeds and ½ teaspoon fennel seeds. Bring to a boil. Turn heat off, and let steep for 20 minutes. Strain before drinking. Can be drunk hot or at room temperature. Let cool, put in a container and save in the refrigerator.

Fresh Herbal Tea

You can make a fresh herbal tea, using herbs that you grow in your garden. Easy herbs to grow are sage, mint, lemon verbena and lemon grass.

Sage is an aromatic shrub, considered to be an herb of wisdom and longevity. Its Latin name is 'salveo' which means 'to heal'. It helps to tone the body and is rich in antioxidants.

Mint is a refreshing and cooling herb.

Lemon verbena is an aromatic shrub that helps digestion.

Lemon grass is an aromatic herb that helps to harmonize the flavors. It has vitamin C and a lemony taste, which adds some zest to the mix.

A delicious harmonious blend of these fresh herbs can be made in two ways:

Method 1

Boil 4 cups of water with 4 leaves of sage, 4 mint leaves (keep leaves on the stem), 6 leaves of lemon verbena (keep the leaves on the stem) and 4 pieces (3 inches each) of lemon grass. Turn heat off. Let steep for 20 minutes. Strain and drink.

Method 2

Boil water in a kettle. Put fresh herbs in a teapot with a strainer, pour water on herbs, cover and let steep for 20 minutes.



Sweet Calming Tea

A sweet and calming tea that you can have in the evening is a nice mixture of spices and honey.

Mix in a pot 4 cups water, 3 cinnamon sticks, 2 pinches of saffron threads and 1 tablespoon cardamom pods. Bring to a boil turn heat off, and steep for 10 minutes. Strain and add 2 teaspoons honey.

