

***The Ultimate***



***Collection Of***

**Herbal Tea Remedies**

**Arranged by Ruth Marlene Friesen**

**Provided to you by  
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## Disclaimer

These herbal uses and properties are only given for reference purposes. I do not take responsibility 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.

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

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

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, herbs can be toxic if misused.

## Basic Tea-making Instructions:

Place all the herbs in a tea ball or tea bag. (This tea bag can be as simple as a patch of muslin gathered up and tied above the bundle of dried leaves, roots or flowers).

Tea for One;

If you are only making enough for one serving you can place it in your favourite drinking cup or mug. Pour boiling water from a kettle over the herbs. Steep for 10 minutes, remove the herbs and enjoy.

Tea for Two or Three;

If you want to make enough tea to share with a few others, you can place the tea ball or tea bag in a teapot. Pour the boiling water over it. (Sometimes I put a teaspoon of honey into the pot at this point). Wait to steep the tea about ten minutes, remove the herbs and then pour, and enjoy with friends.

Tea for More;

If you will be sharing your tea with a few more people, I suggest you stuff the tea ball with a bit more herbs, or make a larger tea bag. Place this in a glass or ceramic pitcher, perhaps 1 litre or 1 quart size. Again, pour over the hot, boiling water, and add the honey if you think people will prefer some sweetener - or, allow them to add it to their individual cups when you have poured it.

Iced Tea;

The same instructions as above, except that I use a larger pitcher, and once the tea has steeped, I add a tray or two of ice cubes. If the tea still seems a bit warm, or it will be a while before I serve it, I set it in the fridge to cool still more. My favourite is to do this with mint from my garden. Guests always say this iced mint tea is very refreshing on a hot day.

Dressings for Tea;

Naturally, individuals have their favourite additions with which they like to dress up their teas. So if they insist, I let them add sugar, any other artificial sweetener, or milk or cream to their taste. I try not to let my own tastes interfere with theirs.

Now for a number of variations. Try the one with the combination of herbs that you can get.

About this e-book: You may wish to print out the pages and bind them together to create your special book. On the other hand, you might like to laminate the individual pages, or put them in back to back pairs in page protectors. Then as they are handy in your kitchen they can withstand a lot of wear and tear.

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# Teas for Colds and Flu Remedies

## 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 tablespoons of this mixture. Cover, and steep 10 minutes; strain.

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## Colds and Hoarseness Tea

2 oz Malva flowers  
1 ½ oz Mullein flowers

Use 2 tablespoons of this mixture per cup of hot water. Steep for 10 minutes; strain.

Drink only two to three cups per day for just a few days.

## Coughing Fits Tea

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

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

## Echinacea and 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

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## Flu-away Tea

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.

## Winter Tea

Use equal parts of each herb, or a pre-made teabag of each.

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."

## 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 multi-function tea. Anise acts as an expectorant, ginger soothes the cough, and cinnamon has anti-bacterial properties.

## Soar Throat Tea

Licorice root  
Slippery Elm  
Peppermint

Put one tablespoon of each herb into a coffee maker and brew, steep, for a short while. Add honey or your favourite sweetener.

## The Common Cold Tea

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.

## 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

## 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 teaspoons of this mix 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, but 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.

## 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.

## Upset Stomach Tea

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

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

## Herbal Teas to Aid in Good Digestion

### After Dinner Carminative Tea

- 1 cup water
- 1 tablespoon fennel seeds

**Just boil the fennel seeds in water, cover and let sit for 15 minutes. Enjoy this calming 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.**

**(Carminative means it takes care of bowel gas/flatulence. Fennel is the basis for licorice, if you like that flavour you will love this tea).**

### Happy Tummy Tea

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

- 1 part catnip
- 1 part spearmint and lemon grass leaves
- 1 part calendula flowers
- 1 part skullcap
- 1 part rosemary and sage leaves
- 1 part fennel seeds

### Upset Stomach Tea

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

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

### Nausea Tea

- ½ teaspoon dried Ginger root
- ½ teaspoon Clove blossoms
- 1 teaspoon Chamomile flowers

Pour 1 cup boiling water over herbs. Steep 10 minutes, strain and let cool before you drink it.

### Nervous Stomach Tea

- 2 teaspoon Angelica root
- 2 teaspoon Lemon Balm leaves
- ½ tsp Fennel seed

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



## 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

This makes enough for two cups. The tea is only good for six hours.

## Tea For Digestive Problems

1 oz. chamomile  
2/3 oz. peppermint  
1 oz. caraway seeds  
2/3 oz. angelica

Use 1 teaspoon of the mixture per cup of hot water. Steep the mixture 10 minutes and strain.

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

## 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.

## Tummy Tea

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

1 cup dried peppermint (or other)  
1 tablespoon dried rosemary  
1 teaspoon dried sage

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

## Heartburn Tea

1 tablespoon Chamomile  
1 tablespoon 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.

## Stomach Ache Tea

(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

Mix 1 tablespoon of each type of herb. (You can substitute any other fragrant herb for the chamomile, it is merely for taste). Add honey to sweeten the tea.

This is to be ingested as hot as the person can take it.



## Teas for Bad Breath

### Drink tea.

Researchers from the College of Dentistry at the University of Illinois, 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."

### Fenugreek Tea

1 teaspoon fenugreek seeds in one litre of cold water.  
Simmer for 15 minutes, strain, and drink like tea.



### Parsley with Cloves

I recall a Danish friend, Lillian, encouraging her family to chew the parsley sprigs she put on her dishes. She said it was for good breath.

You can also make a tea by boiling two cups water with several springs of parsley, chopped coarsely. Add 2 or 3 whole cloves, or a tiny quarter of a teaspoon of ground cloves. Stir this a few times as it is cooling, and strain. Now it is ready to use as a mouthwash or gargle.

### Drink Raw Fruit and/or Vegetable Juices

You can also strive to eat a well-balanced diet with mostly raw seeds, nuts, grains, vegetables and fruits. Eliminate the whites; all the white flour (and things baked with it), white sugar, etc. A truly healthy person doesn't normally have bad breath.

### Eat Unripe Guava Fruit

This fruit has tannic acid, malic acid, oxalic acid, and phosphoric acids, also calcium, oxalate, and manganese. Chew the fruit or the leaves from the guava tree to stop your gums from bleeding, as well as bad breath.



## Herbal Teas for Energy and Memory

Would you like new energy and improved memory skills? There are herbal teas or infusions you can make to give you such a boost.

### 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.

### Natural Concentration Tea

This tea is said to help you become more creative, especially regarding your home and environment. Personally, I believe that would be hard to prove for a fact, but when two or three people have such experiences they soon can make a theory and then found a principle on such things. I don't think this one can hurt you, so go ahead and do your own experiment with creativity.

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



### Eat Avocados

### 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.

### 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.

### Rejuvenation Tea

Etheric (inner) cleanser of old, this one is said to be. See if it removes stale thoughts and wrong patterns of behavior.. .. Ah-no, I can tell you already, only God can do that! So better still, when you drink this tea, pray for forgiveness and awakening, and new beginnings.

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

# Teas for Relaxing, to Give You Rest

Exhausted? Wound up too tight? Here's some teas for relaxing you, to help you get a good night's rest

## 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. Of course, this tea is for relaxing too.

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

## ADD/ADHD Remetea

- 1 Teaspoon Hops
- 1 Teaspoon Gotu Kola

Drink this one twice a day.

## Calming Tea 1

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

Steep 2 tablespoons of this mixture in 1 cup boiled water. Cover 10 minutes; strain. Very soon you're drinking a tea for relaxing.

## Calming Tea 2

- 1 part Sage
- 1 part Thyme
- 1 part Marjoram
- 1 part Chamomile

## Dream Tea

- 2 parts Rose
- 1 part Mugwort
- 1 part Peppermint
- 1 part Jasmine
- ½ part Cinnamon

Drink to cause dreams.

Combine all ingredients thoroughly, fill tea diffuser with just 1 teaspoon full per cup of boiling water. Voila, there's your tea for relaxing!

## 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 to help you relax.

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

## Insomnia Tea

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

Mix all three herbs and add to 1 cup boiling water. Steep 8 minutes; strain. Now take your time to sip your tea for relaxing.

## Less Stress Tea

Relieves stress, It especially relaxes the lower back and neck areas.

- 1 part chamomile
- 1 part mint
- 1 part calendula flowers

## Nervous Tension Tea

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

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

## Pleasant Dreams

- 1 cup mugwort
- ½ cup rose petals
- ½ cup chamomile
- 1/3 cup lavender flowers
- 1/3 cup catnip
- 2 tablespoons mint

## Mellow Mood Tea

This relaxing 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 when you need a tea for relaxing.

**CAUTION:** Chamomile is in the rag weed family, and some are allergic to such herbs. They get hay-fever.

## Quiet Time Tea

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

## Relaxation Tea

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

## Sleep Tea Recipe

- 2 tablespoons Hops
- 1 teaspoon Lavender
- 1 teaspoon Rosemary
- 1 teaspoon Thyme
- 1 teaspoon Mugwort
- 1 teaspoon Sage
- 1 Pinch of Valerian Root

Put just a teaspoon of the mixture into a cup of hot water. Let sit for 3 minutes then strain. Store the unused portion for future cups of tea.

## Soothing Tea

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

## Stress-Reducing Rest

- 1/2 cup sweet hops
- 1/2 cup mugwort
- 1/8 cup sweet marjoram

## 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

You can put some of this mixture into your coffee maker and brew it there.

## Super Relaxer Tea

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

This is great at night before bed.

## Tranquility Tea

Mix:

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

## Baby Sleep Tea

- 1 teaspoon hops
- 1 teaspoon chamomile

Boil 4 cups water in a glass or porcelain pot. Remove from heat and add the hops and chamomile. Cover with a tight lid and steep for five minutes. Now strain out the herbs, and put the liquid into a four ounce glass bottle once it is cool enough for the baby to nurse it.

Again, be mindful of those who have allergies. Try only very small amounts on a baby or child, and then wait to see if they have a reaction. If there is doubt, then don't!

# Herbal Teas to Heal

You've probably heard of teas to heal specific ailments and symptoms. That's right. There are some herbal teas that are powerful enough to heal of some conditions and symptoms. They need to be used with common sense and respect, for like most good things, they can do harm if they get out of hand.

For Basic Tea-making Instructions, see Herbal Teas

By the way, I cannot say I have tried all these teas. That's a lot of herbs to keep on hand. But you only have to look for the ingredients to the one or two teas to heal your own specific condition. No need to try them all at once.

## Crone Root Tea

Here's a tea to heal menopause problems and the 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 teaspoon Green Tea leaves  
Simmer 1 cup water and pour over leaves. Cover and let stand 4 minutes.

## 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.

## Fever Reducer Tea

2 teaspoons dried Catnip  
1 teaspoon dry Vervain

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

## Tea for Nervousness

1½ oz Peppermint leaves  
1½ oz Lemon Balm leaves

Use 1 teaspoon of mixture per 1 cup boiling water. Steep 10 minutes and strain.

## Flashes Blend Tea

Brew up a pot and sip when you need a tea to heal your hot flashes.

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

## 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 to Heal 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 and licorice roots  
1 part white oak bark  
1 part cinnamon bark  
1 part each orange peel and fennel seeds

## 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.

## Migraine Tea

1 2/3 oz dried St Johns Wort  
1 oz Valerian  
1 oz Linden flowers  
1/4 oz Juniper berries  
Use 1 teaspoon of whole mixture per 1 cup boiling water. Steep 10 minutes and strain.

## Moon Ease Tea

For that time of the month.  
2 parts cramp bark  
1 part chaste tree berries  
1 part each spearmint and skullcap leaves  
1 part marshmallow root  
1 part passionflower herb  
1 part ginger root

## "No-Sweat" Tea

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

4 cups boiling water  
1 teaspoon dried hops  
1 teaspoon stinging nettle  
1 teaspoon fresh cut rose petals  
1 teaspoon dried strawberry leaves  
1 teaspoon fresh walnut leaves  
3 tablespoon of dried sage leaves

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

## 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



## Tea For General Good 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

1½ oz Peppermint leaves  
1½ oz Lemon Balm leaves

Use 1 teaspoon of mixture per 1 cup boiling water. Steep 10 minutes and 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.

## Wise Woman Tea

A wonderful menopause tea. Gently calms, cools and balances.

1 part motherwort  
1 part sage  
1 part nettle leaves  
1 part each lemon balm and mugwort leaves  
1 part chaste tree berries  
1 part horsetail



## Tea - Patti's Pain Killer

The herbs you can choose from are as follows:

Lady's Mantle (herb)  
Raspberry Leaf (herb)  
Yarrow (herb)  
Chaste Tree Berry  
Fennel Seed (for the stomach)  
Peppermint (for the stomach)  
Valerian (for the stomach)

Use (1) part each (choose a total of five including one for the stomach) and steep like a tea.

## Pinkeye Tea Recipe

Fill a tea ball with equal parts chamomile(antiseptic), borag (alleviates inflammation and redness), eyebright (excellent for conjunctivitis any other eye complaints) and elder flowers (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 witch hazel 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 witch hazel. This is good for anything where your eyes are painful inflamed and red.



## Teas That Heal - Brewing Recipes

All the following recipes have the same measurements.  
Unless otherwise stated, they are brewed in a coffee maker or tea brewer.

### Measurements:

1 tablespoon of each type of herb

1 tablespoon of honey to sweeten the tea

### 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.

### 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.

### Blood Builder Tea

1 teaspoon Rose Hips-crushed  
1 teaspoon Butcher's Broom  
1 teaspoon 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.

### Epilepsy Combination

1 teaspoon Valerian  
1 teaspoon Skullcap  
1 teaspoon Hops

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

### Depression Tamer Tea

1 teaspoon St John's Wort  
1 teaspoon 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 herbs. Put a tight lid on the pot and let it steep for five minutes. Strain out herb. Place in a cup and sweeten with honey if desired.

Note: where the recipes give the measurements in parts, you have the liberty of increasing your bulk reserve quantity. Your part might be in a teaspoon, a tablespoon, or a cup. If you expect to be making this tea more often, I would recommend preparing a larger mix, and putting it away in a canister or jar. Then just dip out by spoon the amount needed for each cup or pot of tea you make.

Of course, you can do this with the other recipes too, but you will have to watch for ingredients of different quantities to get the proportions right.

