

HERBAL TEA RECIPES

for what ails you

Immunity Boosting



Digestive Relief



Stress Relief



Focus Boosting



Anti Inflammatory



Energy Boosting



Mood Boosting



Sleep Inducing



Infection Fighting



BEFORE YOU START BREWING - PLEASE READ!

While herbal teas can provide many health benefits, it's important to keep in mind that they are not a substitute for modern medicine. Herbal teas should be used as a complement, not a replacement for, conventional medical treatment. **It's also important to note that not all herbs are safe for everyone, and some can interact with prescription medications.**

For example, St. John's wort, which is often used to treat depression and anxiety, can interact with certain medications, including antidepressants, birth control pills, and blood thinners. Chamomile can also interact with blood thinners and other medications. And while echinacea is often used to boost the immune system, it can cause allergic reactions in some people.

To ensure your safety when using herbal teas, it's important to do your research and talk to your healthcare provider. Some herbs may not be safe for people with certain health conditions, such as liver or kidney disease, or for pregnant or breastfeeding women.

Additionally, it's important to never use herbs that have been treated with pesticides or other chemicals. And, as with any hot beverage, be sure to let your tea cool to a safe temperature before drinking.

In summary, herbal teas can be a nice addition to a healthy lifestyle, but it's important to use them safely and responsibly, and always with the guidance of a healthcare provider.

Immunity-Boosting Tea:

Echinacea is known to boost the immune system, while ginger and lemon have anti-inflammatory properties. Echinacea contains active compounds that stimulate the immune system, helping to fight off infections. Ginger has anti-inflammatory and antioxidant properties that help to reduce inflammation in the body, while lemon is rich in vitamin C and antioxidants that can also support the immune system.

- Two cups of boiled fresh water
- Handful of fresh echinacea leaves
- 1 inch of fresh ginger root, sliced
- Juice of 1/2 lemon
- Brew for 5-7 minutes, strain and enjoy

Digestive-Relief Tea:

Fennel is known to aid digestion, while peppermint and chamomile have anti-inflammatory properties that can soothe the digestive system. Peppermint and chamomile have antispasmodic properties that can relax the muscles in the digestive tract, reducing cramping and discomfort.

- 2 cups of boiled fresh water
- Handful of fresh fennel leaves
- Handful of fresh peppermint leaves (or 1 tsp dried)
- Handful of chamomile flowers (or 1 tsp dried)
- Brew for 3-5 minutes, strain and enjoy

Stress-Relief Tea:

Lavender and lemon balm have calming properties, while valerian root is known to reduce anxiety and promote relaxation. Lavender and lemon balm contain compounds that can help to reduce anxiety and promote relaxation, while valerian root has been shown to have a sedative effect on the nervous system.

- 2 cups of boiling water
- Handful of fresh lavender leaves (or 1 tsp dried)
- Handful of fresh lemon balm leaves (or 1 tsp dried)
- 1 tablespoon dried valerian root
- Brew for 5–7 minutes, strain and enjoy

Focus-Boosting Tea:

Ginkgo biloba is known to improve brain function, while rosemary has cognitive-boosting properties. Lemon adds a refreshing flavor to the tea.

- 2 cups of boiling water
- 1 tablespoon ginkgo biloba leaves
- A few sprigs of fresh rosemary
- Juice of 1/2 lemon
- Brew for 5–7 minutes, strain and enjoy

Anti-Inflammatory Tea:

Turmeric and cinnamon have anti-inflammatory properties, while honey adds a sweet flavor to the tea. Turmeric contains curcumin, a compound that has powerful anti-inflammatory and antioxidant properties.

- 2 cups of boiling water
- 1 tablespoon turmeric powder
- Cinnamon stick
- 1 Teaspoon of dried rose petals
- Honey to taste
- Brew for 5-7 minutes, strain and enjoy

Energy-Boosting Tea:

Matcha is a type of green tea that contains caffeine, while ginger is known to improve circulation and energy levels. Matcha provides a sustained energy boost without the jitters often associated with coffee, while ginger can increase blood flow and oxygen delivery to the body's tissues. Honey adds a natural sweetness to the tea.

- 2 cups of boiling water
- 2 teaspoons of matcha powder
- Fresh ginger, sliced
- Honey to taste
- Brew for 5 to 7 minutes, strain and enjoy

Antioxidant-Rich Tea:

Blueberries and hibiscus are high in antioxidants, while mint adds a refreshing flavor to the tea. Antioxidants help to protect the body from damage caused by free radicals, reducing the risk of chronic diseases. Hibiscus also has anti-inflammatory properties that can help to reduce inflammation in the body.

- 2 cups of boiling water
- Handful of fresh blueberries (or 1 Tbsp dried)
- Handful of dried hibiscus flowers (or 1 tsp dried)
- A few sprigs of fresh mint
- Brew for 5–7 minutes, strain and enjoy.

Mood-Boosting Tea:

St. John's wort is known to reduce symptoms of depression and anxiety, while lemon balm has calming properties. Both herbs have been traditionally used to improve mood and reduce stress.

- 2 cups of fresh boiling water
- Handful of fresh St. John's wort leaves (or 1 tsp dried)
- Handful of fresh lemon balm leaves (or 1 tsp dried)
- Honey to taste
- Brew for 5–7 minutes, strain and enjoy.

Sleep-Inducing Tea:

Chamomile and lavender have relaxing properties that can help promote sleep, while lemon adds a refreshing flavor to the tea. Chamomile has been shown to improve sleep quality and reduce symptoms of anxiety, while lavender can help to reduce stress and promote relaxation.

- 2 cups of fresh boiling water
- 1 tsp of dried chamomile flowers
- 1 tsp of dried lavender flowers
- Juice of 1/2 lemon
- Brew for 5–7 minutes, strain and enjoy

Infection Fighting Tea:

Elderberry and rosehip are high in vitamin C, which can boost the immune system, while thyme has antimicrobial properties that can help fight infections. Vitamin C is a powerful antioxidant that helps to support immune function and reduce inflammation in the body.

- 2 cups of boiling water
- Handful of fresh elderberries
- Handful of dried rosehips
- 1 tsp dried thyme leaves
- Brew for 5–7 minutes strain and enjoy