

# 15

## Herbal Teas for Every Ailment

### GREEN TEA



- high in antioxidants
- reduces bad cholesterol
- promotes healthy cell growth
- has a relaxing and calming effect

### BLACK TEA



- lowers the risk of heart disease and diabetes
- regulates blood sugar levels
- has anti-inflammatory properties

### OOLONG TEA



- aids weight management
- helps alleviate skin conditions

### WHITE TEA



- highest antioxidant properties
- low in caffeine
- can lower cholesterol and blood pressure
- antibacterial

### ROOIBOS



- caffeine free
- benefits for skin irritation
- cancer-fighting properties

### PEPPERMINT



- decongestant
- anti-inflammatory
- helps suppress the appetite

### DRIED GINGER



- anti-histamine effects
- anti-inflammatory
- eases motion sickness
- great flavor booster

### STINGING NETTLE



- recommended remedy for seasonal allergies
- energy booster
- great for treating arthritis

### YERBA MATE



- helps open up respiratory passages
- lowers lipids, leading to reduced cholesterol and lower blood pressure

### LEMON BALM



- has calming effects
- helps with the common cold and other respiratory issues
- alleviates digestive problems
- helps treating headaches and toothaches

### CHAMOMILE



- great for treating sleep and stomach problems
- antibacterial

### HIBISCUS



- refreshing
- helps lower blood pressure
- naturally high in vitamins
- diuretic

### RED CLOVER



- lessens menopausal symptoms
- helps protect against cardiovascular disease
- can reduce prostate-specific antigen levels

### DANDELION



- stimulates digestion
- can be used to treat hepatitis, jaundice and dyspepsia
- lessens hot flashes
- combats the formation of kidney stones

### CINNAMON



- lowers cholesterol
- fights viruses
- increases antioxidants
- alleviates arthritis symptoms

hello glow

# Healing Teas

**J Dewey**



## Healing Teas:

**Healing Herbal Teas** Brigitte Mars,2009-05-06 In *Healing Herbal Teas* you ll find profiles of forty five common herbs with extraordinary therapeutic potential along with advice on obtaining storing and brewing teas from them Have a specific health concern you d like to address Author Brigitte Mars offers more than 100 simple formulas for a vast range of health concerns from relieving allergy symptoms to clearing up the skin to nourishing a growing baby in utero Want to customize your own herbal blends Mars who is often applauded for her ability to bring together the wisdom of disparate healing traditions shows you how offering basic guidelines as well as theories from different cultures and eras And as Mars explains teas are not just for sipping For treating everything from wounds and rashes to sore muscles colds and flu and dandruff try topical applications of tea

*Healing Teas* Marie Nadine Antol,1995-12-01 A complete guide to medicinal teas from around the world and their amazing healing powers For thousands of years cultures throughout the world have known the healing power of teas Tea has been used as a holistic treatment for a host of illnesses from arthritis to migraines and is a time tested all natural path to overall health and wellness *Healing Teas* is a complete easy to follow and informative guide blending together proper methods of preparing teas with the latest scientific research into their homeopathic qualities *Healing Teas* also provides a unique A Z guide to herbs individual brews and home remedies From essiac to kombucha chamomile to garlic learn to prepare teas from around the world and maximize your health

*Healing Teas for your Body, Mind & Soul* Estelle Carraz-Bernabei,2011-05-19 Enhance your life with the great therapeutic and healthful benefits of teas From green tea to herbal decoctions that can treat obesity to the common cold Find useful ways to relax the mind strengthen the body and soothe the soul In the book of *Healing Teas for your Body Mind Soul* you will discover How to blend brew and appreciate more than 45 varieties of green white black oolong and herbal teas Up to date information on the health benefits of drinking green tea Common ailments and how they can be helped with herbal teas Wonderful tea history recipes glossary tea terms therapeutic benefits and traditions from around the world

**Healing Herbal Teas** Sarah Farr,2016-12-27 Freshly blended herbal teas offer more healing power than do pre packaged tea bags In *Healing Herbal Teas* master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great Formulations to benefit each body system and promote well being include Daily Adrenal Support Inflammation Reduction and Digestive Tonic Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs This book is an enchanting and delectable guide to blending and brewing power packed herbal teas at home

**The Book of Herbal Teas** Sara Perry,1997 Prized since ancient tims for their medicinal properties herbal teas mellow flavorful and aromatic are enjoying a modern renaissance This book profiles 40 popular herbs and spices used in making teas and includes complete instructions for growing gathering blending and brewing them at home 25 color photos

**Herbal Teas for Health and Healing** Ceres,1996-08 Herbal teas have their own characteristic virtues Some are slightly stimulating others are soothing and induce quiet sleep or act as tranquilizers Many are tonics that can bring an out of gear system back to complete health The author describes a wide range of tea making herbs and gives instructions for their preparation and use New edition of the classic best seller [Herbal Teas](#) Kathleen Brown,Jeanine Pollak,1999-01-07 A warm mug of strong tea was always grandma s solution to a bad day and it turns out she may have been on to something Discover the healing properties of herbal teas in this comprehensive guide to blending and brewing your own steamy concoctions Kathleen Brown includes recipes for teas to care for the head throat gut nervous system lungs bones joints and more Whether you seek to soothe body soul or both you ll find the perfect brew [Herbal Teas for Lifelong Health](#) Kathleen L. Brown,Jeanine Pollak,1999-01-01 Since 1973 Storey s Country Wisdom Bulletins have offered practical hands on instructions designed to help readers master dozens of country living skills quickly and easily There are now more than 170 titles in this series and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life Storey s Country Wisdom Bulletins contain practical hands on instructions designed to help you master dozens of country living skills quickly and easily From traditional skills to the newest techniques Storey s Country Wisdom Bulletin Library provides a foundation of earth friendly information for the way you want to live today [The Healing Power of Herbal Teas](#) Ceres,1985 [20,000 Secrets of Tea](#) Victoria Zak,1999-11-09 An accessible guide to the medicinal properties of teas featuring delicious refreshing and soothing drinks that can help you fight cold and flu lower cholesterol enhance memory lose weight and more An ancient Chinese legend Once there was a man who knew 100 000 healing properties of herbs He taught his son 80 000 secrets On his deathbed he told his son to visit his grave in five years and there he would find the other 20 000 secrets When the son went to his father s grave he found growing on the site a tea shrub Tea has been a favorite beverage worldwide for hundreds of years A cup of tea on a rainy evening can chase the chills away and a pot of tea shared among friends can lend an air of enchantment to an afternoon But more than that teas are the gentle natural most beneficial way to absorb the healing properties of herbs easily and inexpensively A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules tinctures or infusions In this invaluable guide you ll discover An A Z listing of common ailments and the teas best used to help combat them Instructions on how to create your own medicinal kitchen Advice on creating your own tea blends Descriptions of 100 popular herbs and their healing properties And more Hot or iced the recipes in 20 000 Secrets of Tea offer delicious ways to stay healthy and revitalize you from the inside out **The Simple Uses of Herbal Teas, and Indian Spices** Mrs Devika Primic,2014-09-19 A well approached text about the finest of herbs and spices used worldwide Learn to heal naturally with the many simple uses of herbs and unique spices from around the world [The Complete Book of Herbal Teas](#) Marietta Marshall Marcin,1983 [The New Tea Book](#) Sara Perry,2001-08 Tea is hot and getting hotter In the New Tea Book no leaf

is left unturned Discover the wide variety of teas that are available and their myriad health benefits as well as over 50 recipes for cooking with tea beverages savories and delectable sweets This strikingly photographed volume takes readers on a visual journey exploring the riches of black green oolong and herbal teas from the fragrant full bodied Assam to the spirited and spicy Yunnan An exciting addition is the completely new Personal Spa section introducing a host of aromatherapy touches for the home with recipes for tea bath sachets eye pillows beauty soaps and potpourris Finally a list of resources gives information on where to find interesting tea blends and equipment not to mention author Sara Perry s favorite international teahouses Here s just the right cup o tea

Herbal Teas Donald Law,1968 *HEALING Herbal Teas (EasyRead Super Large 18pt Edition)* , **Teas for Life** Diane Kidman,2012-08 Herbalism For Everyone If you ve ever brewed a simple cup of tea you ve practiced herbalism This most basic and ancient of acts has the power to deliver health and healing in a safer more natural way to you and your family And since it s so familiar to most of us it s also a comfortable place to begin learning more about herbalism So begins Teas for Life an educational and often humorous ebook that brings 101 herbs to light showcasing numerous uses for each plant correct dosages and entertaining anecdotal information Whether you re a budding home herbalist an avid gardener a skilled wildcrafter or an avid herbal tea enthusiast this will become your go to guide A great reference for not only your Kindle but your smart phone your home computer or your tablet You ll want to keep this one with you Get the Real Scoop on Herbal Teas Teas are alphabetized by common name with Latin name following perfect for the beginner Learn how and when to use each herb best ways to prepare the tea precautions and warnings Instructions for brewing a proper cup of herbal tea for medicinal use The author s personal notes and anecdotes add an interesting layer and make the information easy to remember Includes an Herbal Shopping Guide at the end so you know some of the best places to purchase herbs online What Others Are Saying If you are a seasoned herbalist or just some one who wants try your hand at a few herbal remedies This is the book you need Written with great knowledge and a bit of wit I felt like author was right there having a cup of tea with me as I was reading I have already started putting this to work Awesome reference Diane Kidman s Teas For Life 101 Herbal Teas for Greater Health is the most comprehensive guide to herbal teas on the market Simple to the point instructions and detailed listing of what each herb is used for makes this very easy to use Her sense of humor also makes learning about herbal teas entertaining Thanks Diane for a great book

**Natural Remedies: An Everyday Guide To Herbal Teas, Infusions & Decoctions** Prof. D N Dhar,2002 Herbs have always contributed a great deal to promoting health And they still do According to WHO estimates the use of herbal remedies exceeds that of modern drugs by two or three times Confronted with solid scientific evidence the scientists are rediscovering the efficacy of nature s simple remedies based on herbs commonly available in most kitchens gardens or with the neighborhood grocery shops Combining traditional wisdom with scientific principles the book provides safe and effective herbal remedies for treating over 75 health problems

Herbal Goddess Amy Jirsa,2015-04-21 Working with 12 common herbs Amy Jirsa offers recipes and

ideas to open your mind strengthen your body and nourish your spirit In depth profiles show you how to unlock the powerful properties of calendula chamomile cinnamon dandelion echinacea elder ginger holy basil lavender nettle rose and turmeric through delicious teas and foods luxurious salves skin and hair care treatments complementary yoga poses and meditations Discover the natural keys to radiant health and wellness **HEALING Herbal Teas (Volume 2 of 2) (EasyRead Super Large 24pt Edition)** , **Medicinal Teas** Ezra Burgess,2017-05-11 Medicinal Teas 30 Herbal Teas For Health And Every Ailment This book will help you to learn about the most beneficial teas that are in the world As medicine from the pharmaceutical world becomes more and more skeptical because of scandals and obvious corruption issues we want to have medicine at the ready for our needs that are natural and mostly safe This book goes over the oldest form of medicine that we know of and that is herbal tea Let s go

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Healing Teas**

In some sort of inundated with displays and the cacophony of instant transmission, the profound energy and emotional resonance of verbal artistry usually fade into obscurity, eclipsed by the constant assault of sound and distractions. Yet, situated within the musical pages of **Healing Teas**, a fascinating perform of literary beauty that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that exciting opus courses readers on an emotional odyssey, gently exposing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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