

The Healing Power of Nature

JACINTA WILLEMS | NATUROPATHIC DOCTOR

MAKING HERBAL TEA INFUSIONS

Place 2 heaping Tablespoons dry tea in a liter size jar.

Fill with boiling water.

Allow to steep for at least 15 minutes, or overnight.

If the herbs are very strong tasting or bitter, strain after 15 minutes.

If you are wanting to extract the maximum amount of minerals from the herbs, allow to steep overnight.

Strain.

Drink throughout the day, warm or cold.

HERE ARE SOME FAVOURITE HERBAL TEAS:

- Nettle, oat straw and raspberry leaf are high in minerals.
- Lemon balm, oat straw and vervaine balance the nervous system.
- Burdock, dandelion, nettle and red clover are cleansing.
- Burdock, red clover and sage are hormone balancing in menopause.
- Mint, catnip, ginger and fennel aid in digestion.
- Pau d'arco supports immunity and reduces yeast problems
- Elderflower, yarrow, ginger and catnip are good for colds and flu..