

Chapter 1 : List of Herbal Teas and Their Uses: Herbal Tea Benefits | The Hearty Soul

Herbal Teas for Lifelong Health has 3 ratings and 0 reviews. Since , Storey's Country Wisdom Bulletins have offered practical, hands-on instructions.

Usually my kitchen is stocked with all kinds of weeds, roots, and barks, having more than a hundred different kinds of beautiful botanicals. I recommend that people not get overwhelmed with overstocking the kitchen with too many unfamiliar herbal tonics. When you go on a walk, be on the lookout for your favorite healing herbs – they are some of the healthiest and most vibrant forms of medicine readily available. This list contains essential tonic herbal staples I love that grow all over the world. This list covers the major and minor necessities we have on a regular and seasonal basis for optimum wellness. Within these 20 you find all the basic essentials you possibly need within a home pharmacy – immunity booster, beauty, vitamin C, colds and flu, bones and muscle health, digestive health, weight loss, and so on. Graviola *Annona muricata* Graviola is a rainforest essential tonic herb known to be a potent antibacterial, antimicrobial, antiparasitic, antitumoral, anticancer powerhouse. Annonaceous acetogenins are only found in the Annonaceae family to which graviola belongs. These chemicals in general have been documented with antitumor, antiparasitic, insecticidal, and antimicrobial activities. Many studies have recently determined that these acetogenins are superb inhibitors of enzyme processes that are found only in the membranes of cancerous tumor cells. This is why they are toxic to cancer cells but have no toxicity to healthy cells. Viridem is a highly cleansing formula with powerful superfoods and tonic herbs that are high potency mineralizers, working to oxygenate the blood and expell toxic build-up. It encourages alkalinity, supporting deep bodily nourishment, rejuvenation and purification from toxins. Moringa *Moringa oleifera* Moringa is a miracle tree and healing tonic herb known to contain a megaload of antioxidants, minerals, protein, essential fiber, and cleansing properties. Also known for its power to supply sustainable energy, lower blood pressure, and aid in adrenal support, moringa acts as a coagulant, attaching itself to harmful material and toxins within the body and flushing them quite rapidly. This is highly nutrient-dense Moringa powder that packs a powerful healing, health-boosting kick! Free Enlightened Living Course: It has also been used for bites from spiders, stingrays, and other poisonous animals. It makes a potent antibacterial, antimicrobial, and anticancer tonic, and supports healing from radiation as well as genital diseases. The benefits of suma are astonishingly similar to those of regular ginsengs. It has been used for generations as a general cure-all, and has served as everything from an energy and vitality tonic to cellular oxygenator, appetite stimulant, anti-inflammatory and circulatory medicine, blood sugar balancer, and most popularly an immune booster. It was named for its effective use by generations of Amazonian indigenous peoples in eliminating gallstones and kidney stones. It is a super herbal healign tonic with long-documented use to support treatment of hepatitis, colds and flu, tuberculosis, liver diseases and disorders, anemia, and liver cancer. Turmeric *Curcuma longa* Turmeric is an anti-inflammatory and vitamin C tonic root. It is a great daily remedy to keep inflammation at bay by alkalizing and soothing the digestive system and the liver. It This masterful herbal tonic for joints, muscles, soft tissue, and skin generates strength and elasticity and is a fantastic anti-aging root. It lowers cholesterol levels, prevents hypoglycemia, eases stress by calming the nervous system, prevents migraines, and repairs skin damage topically and internally. It is a great overall superherb. Organic Cerebrum Herbal Brain Tonic Tincture A therapeutic and deeply nourishing brain formula that stimulates the growth and rejuvenation of nerve tissue in the brain and body. It naturally uplifts the body, acting as a mild energizer enhancing clarity and memory. Nettle *Urtica dioica* Nettle is an excellent daily remedy for overall longevity known for its anti-inflammatory, bone-building, blood-nourishing, testosterone-building, silica-gifting superherb qualities. The leaves and the seeds are also used in nerve repair and as a central nervous system regulator. Reishi *Ganoderma lucidum* Research on the chemistry and therapeutic benefits of mushrooms like reishi have been extensive for centuries. Reishi is an immune modulator capable of restoring the immune system and is often used for therapies before and after cancer. The polysaccharides present within the mushrooms are extraordinary cancer-fighting compounds. This amazing Chinese tonic herb mushroom is known as a supreme lung and cardio tonic, supportive in lowering

bad cholesterol and triglycerides. The medicinal properties of healing herbs in this delicious formula are known to protect health and vitality, soothe the lungs, support the immune system, increase endurance, enhance the digestive system, and are antibiotic, anti-bacterial, anti-microbial, and anti-parasitic. Chaga *Inonotus obliquus* Chaga is the master herbal tonic for the immune system. It supports the elimination of tumors, cancerous cells, autoimmune diseases, and environmental traumas such as radiation, pollution, heavy metals, etc. These fruiting bodies contain the power to revolutionize the immune system and rewire it. This is a powerfully healing tonic formula known to rejuvenate all organ systems, create a deep therapeutic anti-biotic effect, increase white blood cell production, and purify the blood. It is used traditionally for blood sugar and blood pressure imbalances, ulcers, digestive imbalances, parasites, yeast infections, cancer, diabetes, and allergies. Sangre de Drago *Croton lechleri* Sangre de drago is claimed to be the best wound healer in nature. It is a tree known to bleed a miracle resin when you slice off some of the bark. This thick red resin is known to act as a potent internal and external bandage with intensive antibiotic support. Many have also used it as an anticancerous support as well as for healing from radiation. It is one of the oldest tonic herbs with recorded history in the rainforest, noted for its immune-modulating power and anticancer, antirheumatic, and anti-arthritic properties. Ginseng *Panax ginseng* A superior tonic remedy, ginseng has been regarded for centuries as the king of medicinal tonic herbs. Asian and American ginseng have both been used to strengthen the heart, spleen, lungs, liver, and kidneys. Blue-green algae is a wild-grown superfood tonic that also contains plenty of phytonutrients and enzymes. Horsetail *Equisetum arvense* Horsetail is one of the most ancient tonic plants in nature. Known for its excellent ability to heal bones, bone marrow, and wounds in general thanks to its high silica content, it contains high amounts of calcium as well as silica in minerals that specialize in repairing connective tissue, bone alignment and healing, and skin repair. It is also used for the kidneys, eyes, and hair, and for immune regulation. Rhodiola *Rhodiola rosea* Rhodiola is a magical herbal tonic root known to strengthen the nervous system, fight depression, enhance immunity and memory, aid weight loss, increase sexual function, and improve energy levels. It has been effectively used to prevent depression and to support post-traumatic stress disorder. It enhances the transport of serotonin precursors, tryptophan, and 5-hydroxytryptophan into the brain. Mangosteen *Garcinia mangostana* Mangosteen is queen of the tropical fruits. Not only is it a delicious fruit, but the peel of the mangosteen is perhaps one of the most loaded vitamin C sources ever known. It contains a huge amount of antioxidants known for their anti-aging and longevity attributes. It is also a master herbal healing tonic for the endocrine and immune systems, is known to support healing of wounds and damaged nerves, and can assist in weight loss. Gynostemma *Gynostemma pentaphyllum* Also known as jiaogulan, gynostemma is an adaptogenic herbal tonic and antioxidant with chemical constituents similar to ginseng. The leaf is known for its ability to lower blood pressure, purify the blood, support the pancreas, and release stress out of the body, and it can support weight loss by assisting in the metabolism of fats. Schisandra Berries *Schisandra chinensis* Schisandra berries are one of the few botanical sources containing all five favors: These superberries are known to be adaptogens, liver protectors, blood purifiers and nourishers, and master herbal tonic to the five organs. Among many more healing benefits, the master healing tonic made from these berries prevents fatigue and boosts the body with endurance and strength. She studied in both Central and South American tribal-style herbalism, studying with plant medicine teachers in Costa Rica, the Amazon, and California, and then went on to study classic Western and European herbalism. She founded Anima Mundi Herbals with the purpose of providing an unadulterated medicinal herb line that integrates native tradition and ancient formulations and helps preserve indigenous lands and their local economies through organic agriculture and wildcrafted art.

Chapter 2 : Herbal Teas for Lifelong Health: Storey's Country Wisdom Bulletin A by Kathleen Brown

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Apart from having a beneficial effect on health, herbal teas are fragrant and appealing. Chamomile soothes the stomach and relieves bloating and indigestion. Chamomile also calms the mind and helps people relax and deal better with their stresses. Some people are allergic to chamomile and should avoid taking the tea. People who find it hard to go to sleep should drink a cup of chamomile tea before going to bed. Chamomile is known to fight insomnia by relaxing the body and the mind, enabling the person to fall asleep naturally. Ginger Tea Ginger is an energizer and a stimulator. Drinking ginger tea both stimulates and soothes the digestive system. Ginger has been known to aid people experiencing nausea. Arthritic people have found ginger tea helpful since it has anti-inflammatory properties. Peppermint Tea Peppermint is a fragrant herb that makes for a soothing drink. Peppermint helps you digest foods better and also reduces flatulence and digestive issues. Peppermint is prescribed to people with IBS irritable bowel syndrome and gallstones in capsules. A cup of peppermint tea will ease nausea and vomiting, especially if you suffer motion sickness. Peppermint tea brings down the severity of herpes outbreaks. The natural mint flavor of the herb helps to freshen your breath. Other health benefits of this tea are control of muscle aches and chronic pain, clearing of congestion and mild coughs, mild asthma and reduction of stress. Lavender Tea Lavender tea is made out of the dried purple, pink and white colored flowers that grow on lavender shrubs. A cup of lavender tea can soothe your mind and body, inducing sleep. If you are feeling down and depressed, a cup of lavender tea can help uplift your spirit. Lavender tea helps soothe and treat flatulence, colic, bowel infections and an upset stomach. Lavender tea can be used as a wash on the chest to help reduce cough, bronchitis, asthma, cold and other respiratory issues. For both children and adults, lavender is used to reduce body temperature during fever. Lavender also has healing properties; use a wash of lavender tea to help heal wounds, cuts, ulcers and sores. Lemon Balm Tea Lemon balm tea is fragrant to drink and is a very effective tonic to calm nerves and anxiety. Cold lemon balm tea bags help relieve cold sores, or genital sores caused by the herpes simplex virus. Mix lemon balm leaves with valerian to treat anxiety, stress and insomnia. Lemon Balm contains several properties, which control herpes and also regulate the thyroid. Lemon balm when mixed with peppermint can calm an upset stomach, soothe the digestive track and reduce flatulence. Drink lemon balm tea if you suffer from nerve pain. Rosemary Tea Rosemary is not only good for cooking but makes a healthful and highly beneficial tea. Rosemary can help your muscles to relax. Additionally, rosemary is an effective digestive aid as well. If you have gall bladder and liver complaints, drinking rosemary tea regularly will greatly help relieve your symptoms. Rosemary tea also relieves cough and mild asthma symptoms. Hibiscus Flower Tea Sorrel Dried Hibiscus flowers are made into a tea that offers very high health benefits. Hibiscus flower infusions have known to reduce hypertension as well, in people prone to this condition. A recent study reveals that hibiscus tea is rich in antioxidants, which protect the body against cell-damaging free radicals. Red zinger tea and sorrel tea contain hibiscus. Drinking green tea lowers cancer risk and also inhibits carcinogenic in cigarettes and other compounds when imbibed. Green Tea contains potent antioxidants called polyphenols, which help suppress free radicals. Green tea also stops certain tumors from forming. Green tea lowers cholesterol and triglyceride levels and thereby promotes heart health. Green tea also lowers blood pressure, prevents and fights tooth decay and dental issues, and inhibits different viruses from causing illnesses. Both dried white cardamom flowers and the sweetly aromatic seeds are used to make tea. Cardamom tea has a pungent, sweet and aromatic flavor. Cardamom tea helps treat indigestion, prevents stomach pain, and relieves flatulence. Cardamom tea fights pulmonary disease where lots of phlegm is present. It also works as a good expectorant and relieves coughs. If you have drunk too many cups of coffee, drink a couple of cups of cardamom tea to help detoxify the caffeine from your system. Drinking a cup of cardamom tea is helpful for women who experience mood swings during their menstrual period. It contains properties that help the liver to regenerate and function at a higher capacity. Rosehip tea

Rosehips are the fruit of the rose plant and are one of the best plant sources of vitamin C, which is important for the immune system, skin and tissue health and adrenal function. Consider reaching for rosehip tea next time you need a health boost. Lemongrass teas are often served as an after-dinner drink to aid digestion—primarily due to a substance called citral, also the active ingredient in lemon peels. Though typically enjoyed unaccompanied by other herbs, it can also be blended to create lemon-flavored teas like Lemon Zinger. The leaves and flowers of the uppermost part of the plant are the section believed to contain polysaccharides a substance known to trigger the activity of the immune system. Studies suggest that the leaves contain a healthy dose of flavonoids, which are known for their antioxidant activity. The plant is believed to contain flavonoid-like complexes that help improve cardiovascular health by helping to relax and dilate blood vessels, which increases blood circulation and lessens stress on the heart. Hawthorn berries are also believed to relieve water retention by draining the body of excess salt.

Chapter 3 : List of Herbs for Making Herbal Teas

Herbal Teas for Lifelong Health Author Kathleen Brown is an herbal teacher, writer, and gardener. She is author of Herbal Teas and has served as president of.

In this case, we are very lucky to be collaborating with the people behind this valuable article and have been granted permission to republish it. We encourage you to visit their website at the end of this post. This page is a quick list of herbal teas and benefits from specific plants. Check it when deciding which herbs to use in making an herbal tea, or times when you want to know what each herb may do for you. I will be doing a full page on many of these herbs, as time allows. When done, the names of those herbs will be linked to that more detailed page. It is rich in minerals and nutrients, so useful against heart disease and cancer, and good for cystitis or inflammation of the bladder, and rheumatism. It boosts a sluggish appetite, and gives relief from bloating and water retention, and it relieves constipation. Angelica Root â€” tonic for stomach troubles, colds, fevers, colic, and strengthens heart. The tea can also be put into eyes and ears as drops, and will help marvelously. Anise Star Anise â€” helps expel gas, promotes digestion, relieves nausea and abdominal pain, soothes coughs and colds, and helps clear up congestion. It stimulates milk production in nursing mothers, and may reduce menopausal symptoms. It is also a spice, and can help other herbs taste better. Black Cohosh â€” relieves menopausal symptoms, and when used as a muscle relaxant, a natural anti-inflammatory treatment for rheumatoid arthritis. Devotees love these herbal tea benefits. In a cold drink, or herbal tea, it benefits as a mild laxative. Borage â€” this herbal tea can be used to bathe inflamed eyes, drunk as a tea, it is good for cleansing the blood, for fevers and jaundice, and to expel poisons. Can also be used as a gargle to loosen phlegm. It improves circulation in hands and feet, reduces edema in legs or feet, and reduces swelling from arthritis and rheumatism. It has also reduced pain from hemorrhoids. Calendula â€” externally, it smooths skin irritations, and promotes healing. Taken internally, as in a tea, it may help prevent macular degeneration. Fortunately, I grow this in my garden; I need to enjoy this herbal tea benefits more often! Caraway Seeds â€” used in baking is an excellent digestive aid, expels gas, reduces nausea, and improves the appetite. Helps to bring out phlegm in coughs and colds, and increases breast milk in nursing mothers. Catnip â€” excellent herbal tea benefits for clearing up colic and gas and cramps in bowels, safe for babies and children too. Chamomile or Camomile â€” good for digestion, relaxing, rheumatoid arthritis, relieves back pain, soothes skin irritations, and good for sunburns, and much more! Chickweed â€” while considered a nuisance by gardeners, it can be eaten like spinach, and makes a fine salve. It can also be used fresh, dried, or powdered. It is useful for bronchitis, pleurisy, coughs, colds, hoarseness, and inflammations. It heals and soothes anything it comes in contact with. Guess what, it is probably growing wild as a weed in your garden or flower beds! Cinnamon â€” clears the brain and thought processes, excellent for upset stomach gas and diarrhea. It is also a spice. My brother Ernie swears by cinnamon and honey with hot water as his guard against getting a cold or flu bug. Cloves or clove blossoms â€” relieves toothache, controls vomiting. You could try the dried clove, but the herbal tea might be better. You get more of the herbal tea benefits. Corn silk â€” a good remedy for kidney and bladder troubles, especially when there is pain in the prostate gland in urinating, and for any painful urination. It can be useful to prevent bedwetting too. Dandelion â€” a natural diuretic and digestive aid, rich in potassium and lecithin, so protects the liver, excellent source of vitamin A, and protects against iron-deficiency anemia. Did you know that dandelion has so many herbal tea benefits? Dong Quai â€” overall tonic for female reproductive system, reduces menstrual cramping and PMS, prevents anemia, and lowers high blood pressure. You can get this as a supplement. Echinacea â€” boosts immune system, and can reduce at least twelve clinical symptoms of bad colds. The native Indians of the Great Plains used this herb as a remedy for snakebites and skin wounds, and applied it directly to the mouth for toothaches and sore throats. It has also been successful in treating candida. Earl Mindell warns that since it stimulates the immune functions, those with autoimmune diseases should not take echinacea. Elderberry â€” used for centuries by gypsies for colds, influenza, and neuralgia. A tea of the flowers is good for inflammation and twitching of eyelids. Useful herbal tea benefits for headaches in colds, and much, much more. Elecampane â€” good for coughs, asthma, and bronchitis, and works well for

tuberculosis when combined with echinacea. It relaxes and is a tonic to the mucous membranes, bringing out phlegm, so it strengthens the lungs and a tea of elecampane is good for whooping cough. It has other herbal tea benefits too. Eucalyptus – just a few whiffs, will clear upper respiratory tightness in colds and flu. It is good for bringing up phlegm, as an antiseptic, it can help soothe stiffness and swelling brought on by arthritis and rheumatism. Eyebright – especially useful for eyestrain, eye inflammations, and other eye ailments. It can greatly relieve runny, sore, itchy eyes due to colds or allergies. Fennel seeds and leaves – good for flavouring foods and medicines. A good eye wash, and for gas, acid stomach, gout, cramps, colic, and spasms. Okay for small children if given in small doses. The herbal tea benefits also good for snake bites, insect bites, food poisoning, and for obstructions in the liver, spleen and gall, clearing up jaundice. Increases both urine and menstrual flow. Feverfew – reduces fever, and reduces migraine symptoms, including nausea, vomiting and head pain. Garlic – helps prevent heart disease, reduces blood pressure and blood lipids, helps fight infection, and can even destroy some cancer cells. It is an excellent digestive aid. Ginger – relieves nausea and restores appetite. Also good for morning sickness. It is a spice as well. Ginseng Panax quinquefolia – used a lot in hot, tropic climates to prevent all kinds of diseases. Effective herbal tea benefits for cold, chest troubles, and coughs. Taken hot will cause perspiration. Also good for stomach troubles and constipation. It promotes appetite, and heals digestive disturbances. Goldenrod – used internally to treat kidney and bladder stones and infections, as well as general urinary infections. It is sometimes included in cough medicine and is used to treat rheumatism. Gotu Kola – improves memory, has a calming effect, good expectorant, that is, it can eliminate congestion due to colds, promotes healing after childbirth, improves circulation, and it reduces pain and swelling in phlebitis. Green Tea – this herbal tea keeps free radicals under control, reduces risk of cancer, and helps prevent heart disease. Honey – soothes the throat and is loaded with immune-stimulating antioxidants. Hops – contrary to its name, hops has a calming effect, relieves indigestion, and is an old-time pain-reliever. Another good after-dinner tea. It also relieves cramps and muscle spasms, and stimulates the appetite. It used to be used in ale as a preservative. Sprinkle in your pillowcase for insomnia. Horsetail – also known as fleabane, and silica, among other names. It helps the body to absorb calcium and nourishes the nails, skin, hair, and connective tissues. It will remove excess oil from skin and hair and makes individual hairs stronger, thicker and more resilient. Hyssop – helps relieve that stuffed head feeling and congestion in the chest, it is a good expectorant, relieves gas, improves the appetite, and is a good gargle for a sore throat. Jasmine – the flowers make a delicious and appetizing tea many commercial varieties now. Jasmine has a calming effect, and makes a good after-dinner drink. Some think it is an aphrodisiac. In the western world used to stop bleeding, regulate menstruation and stimulate appetite. It makes a soothing douche for vaginal irritations. Lavender – relaxes and helps people sleep, and feel calm. Very popular in aromatherapy. Recent studies show it has many other herbal tea benefits, and one study shows it can replace sleeping pills. Lemon Balm – also known as balm or Melissa, this is a member of the mint family, and a remedy for gas and colic. Herbalists have made it into a syrup which they serve to those with upset stomachs, nervous tension and insomnia. A tea of lemon balm induces perspiration when trying to break a fever.

Chapter 4 : The Top 20 Healing Tonic Herbs for Lifelong Health & Wellness

Herbal Teas for Lifelong Health: Storey's Country Wisdom and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App.

May 14, Here is a list of herbs and their corresponding categories to refer to when concocting your own personalized blend of energizing teas. This list does not include the common herbs used to treat acute illnesses, but are rather varieties that work as cleansing, activating, sedating or tonifying agents to help prevent sickness from occurring in the first place. As an array of health conditions afflicting a majority of people today have been linked to a lack of adequate nutritional uptake, herbs and their extracts are becoming more and more significant as natural dietary adjuncts. Herbal teas are a great way to provide necessary compounds in an easy to assimilate nutrient-rich format that is additionally hydrating to the body. They are simple to make, requiring only two basic ingredients: Whether you like to drink cups of tea or prefer using them in soups or various blended drinks, they can act as enriching herbal superfood restoratives for one of the best ways to super boost your immune system and replenish your health. What is Herbal Tea? Herbal tea preparation is an alchemical process that takes roots, leaves, mushrooms, barks or berries and transforms them into a liquid substance that can be easily absorbed by the body when consumed. Teas are the synergistic brewing and blending of different herbal elements that work together to increase the nutritive components of the herbs being used. The Beginning of Herbal Tea Alchemy Herbal tea alchemy has formed the basis of medicine since the dawn of civilization. Herbalism itself IS the oldest system of medicine as documented by cultures around the world. Herbs from the plant world, and their tea preparations, have been used by ancient peoples since the beginning of primitive human life on this planet. How to Make Herbal Tea Although some herbs and roots can be taken as raw unrefined powders, most need to be heated or tinctured to release their medicinal components. Tea infusions are the way most people are familiar with making tea. They are used for lighter weight herbs and achieved by pouring hot water directly over the herb and steeping it, preferably covered, for a short period of time. They are created by simmering the herbs for 20 minutes or longer in a glass or ceramic pot with a lid. In both cases, the plant material is strained and the liquid that remains is condensed with phytonutrients and medicinal compounds unique to each herb variety. This information was created for those of you who wish to learn more about herbs and preparing personalized tea blends. However, it is also sometimes appropriate to seek the advice of a qualified herbalist or Chinese or Ayurvedic practitioner when concocting teas for specific health conditions. One of the great things about herbal teas is that they can be prepared in advance and stored in the fridge for later use. Cooled teas can be used as the base for blended smoothies or shakes and are great to use with top superfoods to "alchemically" enhance their health benefits. Other Alternatives To Herbal Teas If the idea of making herbal brews is not for you, there are of course other options for modern-day convenience. Herbs can also be taken in extract form, whereby they have already been hot water processed into a powdered extract. This powder can simply be stirred in hot water for an instant tea that does not involve loose bulk herb matter or tea bags. Tinctures come in dropper bottles that can be dropped into water or most any drink. List of Herbs We list below some of the categories to choose from depending on whether you want to nourish, flavor, build, stimulate, soothe or cleanse the body. All of these herbs can be mixed and matched to create the perfect tea formulas specific to your unique health goals. Many herbs, tonics, berries, flowers and spices, as you will see, can fall into more than one specific category, but their usefulness is relative to the amount used and other herbs blended with them in tea preparations. When these herbs are infused in hot water, a nutritious phytonutrient-rich bioavailable liquid is created. Adequate uptake of dietary minerals is essential for things like proper neurological functioning, building strong bones as well as providing healthy hair and skin. These herbs help to fortify and nourish the body through an immediate influx of mineral content. They can be used alone, infused with other herbs or steeped into pre-made tea decoctions. This list of herbs includes leaves and grasses such as:

Herbal tea isn't really made from tea-which is a specific kind of plant. The French use the word tisane, which is a little more accurate, since herbal tea is really just an infusion of leaves, seeds, roots or bark, extracted in hot water.

Chamomile tea is most commonly known for its calming effects and is frequently used as a sleep aid. Two studies have examined the effects of chamomile tea or extract on sleep problems in humans. In one study of 80 postpartum women experiencing sleep issues, drinking chamomile tea for two weeks led to improved sleep quality and fewer symptoms of depression 1. Another study in 34 patients with insomnia found marginal improvements in waking up during the night, time to falling asleep and daytime functioning after taking chamomile extract twice a day 2. It is also believed to have antibacterial, anti-inflammatory and liver-protecting effects 3. Studies in mice and rats have found preliminary evidence that chamomile may help fight diarrhea and stomach ulcers 3 , 4. One study also found that chamomile tea reduced symptoms of premenstrual syndrome, while another study in people with type 2 diabetes saw improvements in blood glucose, insulin and blood lipid levels 5 , 6. While more research is needed to confirm these effects, preliminary evidence suggests that chamomile tea may offer a range of health benefits. Chamomile is well known for its calming properties, and preliminary evidence supports this. It may also help relieve premenstrual symptoms and high blood lipid, blood sugar and insulin levels. Peppermint Tea Peppermint tea is one of the most commonly used herbal teas in the world 7. Several studies have shown that preparations of peppermint oil, which often included other herbs as well, can help relieve indigestion, nausea and stomach pain 8 , 9 , 10 , Evidence also shows that peppermint oil is effective at relaxing spasms in the intestines, esophagus and colon 12 , 13 , 14 , Lastly, studies have repeatedly found that peppermint oil is effective at relieving symptoms of irritable bowel syndrome Therefore, when you experience digestive discomfort, whether it be from cramping, nausea or indigestion, peppermint tea is a great natural remedy to try. Peppermint tea is traditionally used to relieve discomfort of the digestive tract. Studies have found that peppermint oil can help relieve nausea, cramping, spasms and stomach pain. Ginger Tea Ginger tea is a spicy and flavorful drink that packs a punch of healthy, disease-fighting antioxidants Studies consistently find that ginger is effective at relieving nausea, especially in early pregnancy, although it may also relieve nausea caused by cancer treatments and motion sickness 19 , Evidence also suggests that ginger may help prevent stomach ulcers and relieve indigestion or constipation Ginger may also help relieve dysmenorrhea, or period pain. A number of studies have found that ginger capsules reduced pain associated with menstruation 21 , In fact, two studies found ginger to be as effective as non-steroidal anti-inflammatory drugs NSAIDs like ibuprofen at relieving period pain 23 , Finally, some studies suggest that ginger may offer health benefits for people with diabetes, though the evidence has not been consistent. These studies have found that ginger supplements helped with blood sugar control and blood lipid levels 25 , 26 , Ginger tea is best known as a remedy for nausea, and studies have repeatedly found it to be effective for this use. However, several studies have also found that ginger can help relieve period pain, and it may offer benefits for people with diabetes. Hibiscus tea is made from the colorful flowers of the hibiscus plant. It has a pink-red color and refreshing, tart flavor. It can be enjoyed hot or iced. In addition to its bold color and unique flavor, hibiscus tea offers healthful properties. For example, hibiscus tea has antiviral properties, and test-tube studies have shown its extract to be highly effective against strains of the bird flu. However, no evidence has shown that drinking hibiscus tea could help you fight off viruses like the flu A number of studies have investigated the effects of hibiscus tea on high blood lipid levels. A few studies have found it to be effective, though a large review study found that it did not have a significant effect on blood lipid levels Nevertheless, hibiscus tea has been shown to have a positive effect on high blood pressure. In fact, many studies have found that hibiscus tea reduced high blood pressure, although most studies were not high quality 30 , Hibiscus tea may help lower high blood pressure and fight oxidative stress. Evidence has shown that echinacea may help boost the immune system, which could help the body fight off viruses or infections Many studies have found that echinacea can shorten the duration of the common cold, lessen the severity of its symptoms or even prevent it However, results are

conflicting, and most studies have not been well designed. This makes it difficult to tell if positive results are due to echinacea or random chance. At the very least, this warm herbal drink may help soothe your sore throat or clear up your stuffy nose if you do feel a cold coming on. Echinacea tea is commonly used to prevent or shorten the duration of the common cold. While several studies have found it to be effective for this use, the evidence on the matter is conflicting.

Rooibos Tea Rooibos is an herbal tea that comes from South Africa. It is made from the leaves of the rooibos or red bush plant. South Africans have historically used it for medicinal purposes, but there is very little scientific research on the topic. Nevertheless, a few animal and human studies have been conducted. However, one study has shown that rooibos tea may benefit bone health. One test-tube study suggests that rooibos tea, along with green and black tea, might stimulate the cells involved in bone growth and density. The same study found that the teas also lowered markers of inflammation and cell toxicity. The researchers suggested that this might be why drinking tea is associated with higher bone density. Moreover, preliminary evidence shows that rooibos tea may help prevent heart disease. One study found that rooibos tea inhibited an enzyme that causes blood vessels to constrict, similarly to how a common blood pressure medication does. Much more research is needed to confirm these effects and discover any further benefits. However, the preliminary evidence shows promise. Rooibos tea has just recently begun to be studied by scientists. Preliminary evidence suggests that rooibos tea may help improve bone health and reduce heart disease risk, but more studies are needed.

Sage Tea Sage tea is well known for its medicinal properties, and scientific research has begun to support several of its health benefits, especially for brain health. Moreover, sage appears to provide cognitive benefits for healthy adults as well. A number of studies found improvements in mood, mental function and memory in healthy adults after they took one of several different types of sage extract 40 , 43 , 44 , Sage tea appears to be a healthy choice, offering benefits for cognitive health and potentially heart and colon health. More studies are needed to find out more about these effects. Several studies have found that sage improves cognitive function and memory. It may also benefit colon and heart health.

Lemon Balm Tea Lemon balm tea has a light, lemony flavor and seems to have health-promoting properties. In a small study in 28 people who drank either barley tea or lemon balm tea for six weeks, the lemon balm tea group had improved elasticity of the arteries. Arterial stiffness is considered a risk factor for heart disease, stroke and mental decline. In the same study, those who drank lemon balm tea also had increased skin elasticity, which typically tends to decline with age. However, the study was of poor quality. As a result, participants also showed improved markers of lipid and DNA damage. Preliminary evidence has also suggested that lemon balm may improve high blood lipid levels. Furthermore, a number of studies have shown that lemon balm improved mood and mental performance. Two studies including 20 participants evaluated the effects of different dosages of lemon balm extract. They found improvements in both calmness and memory 51 , Another small study found that lemon balm extract helped reduce stress and improve math processing skills. Finally, another small study found that lemon balm tea reduced the frequency of heart palpitations and anxiety. Lemon balm tea may offer a number of potential health benefits and would make a good addition to any herbal tea collection. Preliminary studies have found that lemon balm tea may improve antioxidant levels, heart and skin health and even aid in relieving anxiety.

Rose Hip Tea Rose hip tea is made from the fruit of the rose plant. It is high in vitamin C and beneficial plant compounds. These plant compounds, in addition to certain fats found in rose hips, result in anti-inflammatory properties. Several studies have looked into the ability of rose hip powder to reduce inflammation in people with rheumatoid arthritis and osteoarthritis. Many of these studies found it effective at reducing inflammation and its related symptoms, including pain 56 , 57 , Rose hips may also be beneficial for weight management, as one week study in 32 overweight people found that taking rose hip extract resulted in decreased BMI and belly fat. One preliminary study found that taking rose hip powder for eight weeks reduced the depth of wrinkles around the eyes and improved moisture and skin elasticity of the face. These properties may result in other health benefits as well, though more studies will be needed to confirm these effects and investigate any new ones. Rose hip tea is high in vitamin C and antioxidants. Its anti-inflammatory properties may reduce inflammation and pain associated with arthritis. Studies have also found rose hips effective at fighting aging of the skin and reducing stomach fat.

Passionflower Tea The leaves, stems and flowers of the passionflower plant are used to make passionflower

tea. Passionflower tea is traditionally used to relieve anxiety and improve sleep, and studies have begun to support these uses. For example, one study found that drinking passionflower tea for one week significantly improved sleep quality scores 61 . In fact, one of these studies found that passionflower was as effective as an anxiety-relieving medication. Yet, another study found that passionflower helped relieve the mental symptoms of opioid withdrawal, such as anxiety, irritability and agitation, when taken in addition to clonidine, the medication usually used for opioid detoxification treatment. Passionflower tea seems to be a good choice when it comes to relieving anxiety and promoting calmness. Studies have found that passionflower tea may help improve sleep and reduce anxiety. The Bottom Line Herbal teas come in a variety of delicious flavors and are naturally free of sugar and calories.

Chapter 6 : Top 10 healing Herbal teas and their health benefits

Adding milk to herbal teas - or any tea really - lowers the teas' antioxidants and you minimize the intended health benefits. Herbal teas for a healthier life.

Chapter 7 : 15 Best Herbal Tea Ingredients for Healing - mindbodygreen

Herbal teas are simple beverages and usually include plant parts from 1 or more herbs, flowers or health-promoting plants, as well as natural sweeteners, if desired, such as organic honey, stevia, brown sugar or cinnamon.

Chapter 8 : Herbal tea - Wikipedia

Ginger tea made from the roots of ginger is an effective herbal tea for treating motion sickness and nausea. This great anti-inflammatory herb also improves digestion and helps to reduce the pain of arthritis, joints and muscles.