

Herbal Tea Recipes & Remedies



Over 80 Tea Recipes that will Heal
Detoxify & Relax Your Body & Mind



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Table of Contents

Introduction	4
Chapter 1.....	6
Chapter 2.....	10
Chapter 3.....	13
Chapter 4.....	17
Chapter 5.....	22
Chapter 6.....	26
Chapter 7.....	30
Chapter 8.....	32
Chapter 9.....	35

Introduction



Gardens, supermarkets, and health-food stores are filled with edible flowers, herbs, bushes, trees, even some weeds that, when steeped, make delicious and healthful hot brews.

Drinking a tea brewed from freshly gathered herbs is an easy way to get nature's healing force into your body - something we all need, whether we are healthy or fighting illness. Fresh plants help strengthen the immune system and detoxify. They are loaded with vitamins, antioxidants, essential oils, soluble fiber, minerals (including calcium), enzymes, chlorophyll, and numerous compounds to boost our health.

Herbs are plants that are valued for their medicinal, aromatic, or savory qualities. Many are tasty, too. A fresh tea made from fresh herbs captures between 50 and 90 percent of the effective ingredients of the plant. (Roots would need an alcoholic extract, so leave them out.) Much of what you can use in your tea may already be growing in your garden, and what is not there you can easily plant or purchase. Because you drink with your eyes and nose as well as your palate, you want your tea to consist of three kinds of ingredients: greens, blossoms, and herbs.

How will this tea taste? Appealing and complex - and different every time because the ingredients change with the seasons. If you already like green tea, you'll be pleased with the smooth, rich flavor of your garden tea.

Kitchen herbs for your tea - such as basil, thyme, rosemary, mint, and oregano - are a delight to grow (though you can buy them in supermarkets year-round). They thrive everywhere, even in poor soil, and need little watering. Many do not need to be grown in full sun. You can even cultivate a variety of kitchen herbs in small pots on a bright windowsill. There they do require a bit more attention, since they do not like to be over- or under-watered.

Don't be afraid to try out and experiment with combinations. However, do not use any plants that have been sprayed with pesticides, and never harvest anything you find

growing along the roadside. Be careful to avoid poisonous greens, such as the leaves of tomato or potato plants.

The beauty of your garden tea is that you can vary it by changing the combination of kitchen herbs, ornamentals, and weeds that you pick. No matter what the recipe, though, you'll feel good, literally, after drinking what you've made.

Teas made from your garden are a surprising departure from those brewed with ready-made tea bags. Be prepared for a fresh, vibrant, unfamiliar mix of tastes.

We hope you like this mix of recipes that we have put together, to get you started!

Disclaimer

These herbal uses and properties are only given for reference purposes. I am not responsible 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.

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

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

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, they can be toxic if misused.

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Chapter 1



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.

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

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

ADD/ADHD Remetea

- 1 Teaspoon Hops
- 1 Teaspoon Gotu Kola

Bring 1 1/2 cups of water to a boil. Place the herbs inside, place lid on tightly and let it steep for 5 minutes. Drink twice a day.

After Dinner Carminative Tea

1 cup water
1 tablespoon fennel seeds

Bring the water and fennel seeds to a boil with the lid on the pan and let sit for 15 minutes and enjoy this calming cup of 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.

Allergy Season Blend

Cool minty, citrus flavour to assist you with the discomfort associated with allergy season.

1 part nettle
1 part peppermint
1 part spearmint
1 part yerba santa
1 part eyebright
1 part lemongrass leaves
1 part calendula
1 part red clover
1 part lavender flowers
1 part fennel seeds
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Aphrodite Blend Tea

A sensuous, aromatic blend with just the right tint of zest for your palate, and sure to kindle flames! A delicate, but dashing combination makes this one of your most enjoyable cups of tea.

1 part Damiana leaves
1 part rose petals
1 part peppermint leaves
1 part muira puama
1 part ginkgo leaves
1 part orange peel

1 part cinnamon bark chips
1 pinch of stevia.

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Bladder Infections Tea

1 ½ oz dried Goldenrod
1/4 oz Juniper Berries*
3/4 oz chopped Dandelion root
3/4 oz chopped Rose Hips

Pour 1 cup boiling water over 2 tsp of mixture. Steep 10 minutes & strain.

can become toxic, so only drink 2 cups of this mixture daily for no more than 3 days

Blood Builder Tea

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

Blossoms of Health Tea

Beautiful to look at, nectar to taste and good for you. A popular tea.

Spirited, uplifting and energizing.

1 part ginkgo leaves
1 part red clover tops
1 part nettle leaves
1 part meadowsweet leaves
1 part calendula
2 parts chamomile
2 parts lavender flowers

1 part gotu kola leaves
a pinch of stevia.

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Blues Tea

1 part Nettle leaves,
1 part St Johns wort tops
2 parts spearmint
1 part damiana leaves
1 part kava kava root
a tiny pinch of stevia to taste

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Breast Health Tea

2 parts calendula
2 parts red clover
1 part cleavers
1 part lady's mantle

Spearmint or peppermint (optional; for flavor)

Prepare as an infusion, using 1 ounce of herbs per quart of water, and letting steep overnight. Drink 3 to 4 cups daily.

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Chapter 2



Bronchial Congestion Tea

1 ½ oz Aniseed
1 oz Calendula flowers
¾ oz Marshmallow root
⅓ oz Licorice root

Crush aniseeds and add to herbs. Pour 1 cup boiling water over 1 tsp mixture; cover & steep 10 minutes.

Calming Tea 1

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

Steep 2 tbs of mixture in 1 cup boiled water. Cover 10 minutes; strain.

Calming Tea 2

1 Part Sage
1 Part Thyme
1 Part Marjoram
1 Part Chamomile

Blend ingredients in a tea ball and put in a mug of hot water

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 tbs mixture. Cover & steep 10 minutes; strain.

Colds and Hoarseness Tea

2 oz Malva flowers
1 ½ oz Mullein flowers

Use 2 tbs of mixture per 1 cup hot water. Steep 10 minutes; strain.

Drink only 2 - 3 cups per day for just a few days.

Winter Tea

Boneset
Echinacea
Peppermint

Just use equal parts of each, or pre-made tea bags...3 bags, 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".

Coughing Fits Tea

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

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

Crone Root Tea

For menopause and 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 tsp Green Tea leaves

Simmer 1 cup water & pour over leaves. Cover & let stand 4 minutes.

Dream Tea

2 parts Rose
1 part Mugwort
1 part Peppermint
1 part Jasmine
1/2 part Cinnamon

Drink to cause dreams.

Combine all ingredients thoroughly, fill tea diffuser @ 1 tsp. per cup of boiling water

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Chapter 3



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.

Echinacea & 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

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

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.

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

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Fever Reducer Tea

2 tsp dried Catnip
1 tsp dry Vervain

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

Flashes Blend Tea

Brew up a pot and sip when needed.

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

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Flu-away

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.

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 for 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 & licorice roots
1 part white oak bark

1 part cinnamon bark
1 part each orange peel and fennel seeds

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Happy Man Tea Blend

1 part Siberian ginseng
1 part dandelion root
1 part nettle
1 part each marshmallow & burdock roots
1 part each hawthorn & saw palmetto berries
1 part fennel seeds
1 part wildoats
a pinch of stevia

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste. Climb into bed and enjoy!

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Chapter 4



Happy Tummy Tea

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

- 1 part catnip
- 1 part spearmint & lemongrass leaves
- 1 part calendula flowers
- 1 part skullcap
- 1 part rosemary & sage leaves
- 1 part fennel seeds

Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes.

Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.

Headache Tea

- Lavender
- Chamomile
- Rosemary
- Mint

Put a pinch of each herb in a coffee filter and place in your coffee maker.

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