

HEALTH BENEFITS OF *Herbal Teas*

Chamomile



soothes stomach;
relieves anxiety,
diarrhea, nausea,
reflux, cramps

Cinnamon



warms circulation;
regulates glucose
metabolism

Citrus Peel



antibacterial;
stimulates
digestion and
metabolism

Fennel



relieves
indigestion;
soothes stomach

Ginger



relieves nausea,
diarrhea,
indigestion,
cramping

Hibiscus



antioxidant; soothes
sore throat, gum
disease; reduces high
blood pressure

Juniper Berry



natural diuretic;
aids urinary tract
problems

Lavender



promotes
calmness (can be
strong, best in
combination tea)

Lemongrass



relieves indigestion,
bloating, flatulence,
headaches, nervous
exhaustion

Peppermint



relieves indigestion,
snuffly colds, hot
flashes; stimulates
brain

Raspberry Leaf



relieves morning
sickness; leads to
easier birthing

Rose Hips



antioxidant;
maintains resistance
in winter;
strengthens tissues

Sage



emotionally uplifting;
helps with PMS and
menopause

Tulsi (Holy Basil)



warming,
antibacterial;
calms nerves

Vervain



calms nervous system;
used to relieve anxiety
and depression