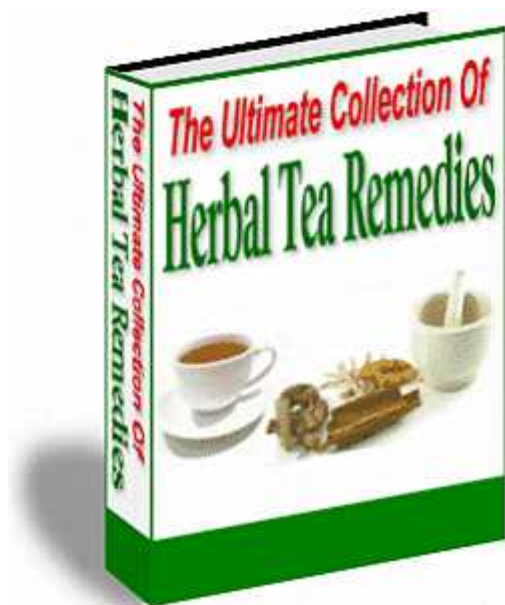


# The Ultimate Collection Of Herbal Tea Remedies

**FREE CHAPTERS**



**[BUY THE FULL EBOOK FOR 0,99 \\$ CLICK HERE](#)**

**SEE OUR OTHER EBOOKS:**

- With free chapters
- With valuable content
- With free bonus
- For only 0,99 USD

Go to: **<http://cheapbooks.tradebit.com>**

## 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

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

¼ oz Juniper Berries\*

¾ oz chopped Dandelion root

¾ 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.

**[BUY THE FULL EBOOK FOR 0,99 \\$ CLICK  
HERE](#)**

### **SEE OUR OTHER EBOOKS:**

- With free chapters**
- With valuable content**
- With free bonus**
- For only 0,99 USD**

**Go to: <http://cheapbooks.tradebit.com>**