

HERBAL TEAS AND THEIR BENEFITS

DRIED ORGANIC OR FOR BEST FLAVOUR GROWN & GATHERED FRESH FROM THE GARDEN

Dandelion – liver cleanser, diuretic.

Fenugreek – arthritis, heart, blood sugar, diuretic, circulation, weight loss, immunity.

Green tea – antioxidant, anti-cancer, protects cells from damage such as pollutants.

Lavender tea - soothes mind and body, inducing sleep, uplifts a depressed spirit. Soothes flatulence, bowel infections, upset stomach.

Lemon Balm – concentration, sleep, uplifting, anxiety, stress, insomnia, regulates thyroid. Relieves nerve pain, strengthens memory & brain functions.

Marjoram – improves appetite, lowers blood pressure, prevents cholesterol build up.

Mint, fennel and ginger – all good for nausea, indigestion, flatulence.

Oregano – anti-bacterial, anti-fungal, antiseptic, anti-cancer, antioxidant.

Parsley – liver & kidneys (Romans called parsley the stone breaker so might work for gallstones as well as kidney stones).

Rosemary - helps muscles relax, is a digestive aid. Relieves gall bladder and liver complaints, cough and mild asthma symptoms.

Sage – sore throat, coughs, rheumatism, candida, nervous system, memory, sharpens senses, dementia, pain, lupus, heart, cancer

Savoury – digestion, sore throat, colds, flu, cholesterol, anti-fungal, anti-bacterial, anti-inflammatory, joint pain

Tarragon – intestinal parasites, ADD, hyperactivity, insomnia, depression, mood swings, detox.

Thyme – stomach, lungs, bronchial asthma, phlegm, pneumonia.

Yerba Mate – energy, mental focus, weight loss, blood sugar, heart disease