



5 Herbal Teas to Help You Enjoy Life More

with Chris Dalziel
from Joybilee

The Recipes

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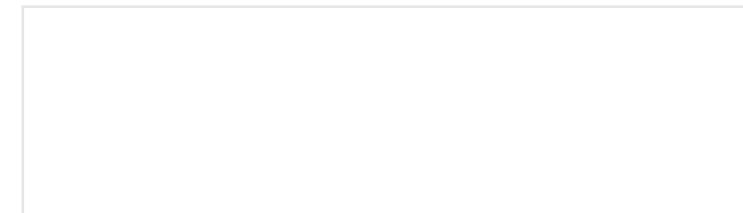
The Recipes

Teas

#1 - Comfort Tea: Chamomile Tea

Chamomile (*Matricaria chamomilla* ;
Matricaria recutita)





How to make a therapeutic cup of chamomile tea

1. Use 1 tablespoon of chamomile herb in a tea ball
2. Pour just boiled water over the tea in a tea pot
3. Steep covered for 5 minutes.
4. Sweeten with honey, if desired
5. Drink

Precautions:

- May cause drowsiness.
- Avoid if allergic to other plants in the asteraceae family, like ragweed.
- Speak to your midwife before consuming chamomile tea during pregnancy

The best time to drink this tea:

- After dinner, before bed, any time that you need a break from stress.
- Don't use therapeutic amounts if you must operate heavy equipment. It can make you drowsy.

#2 -- Tea for the heart

Lemongrass, Hibiscus, Rose

- A tea blend sold in the herb shops in Jerusalem.
- Lemony sour flavor
- Deep red color
- Refreshing served hot or cold

Recipe

Equal parts:

- Lemon grass (*Cymbopogon citratus*)
- Hibiscus (*Hibiscus sabdariffa*)
- Rose buds or petals (*Rosa* spp.)

Mix together. Use 1 tablespoon in a tea ball.



For ice tea:

- 1 tablespoon per cup
- Fill a Mason Jar with cold water.
- Add the tea ball.
- Steep on a sunny window for 3 hours.
- Drink over ice.

For hot tea:

- 1 teaspoon per cup
- Fill a tea ball with the appropriate amount of tea
- Place tea ball in a heat safe tea pot. Cover with hot water.
- Steep covered for 15 minutes.
- Pour tea. Drink freely.

The best time to drink this tea:

This is high levels of antioxidants in this tea make it a good pick-me-up tea for mid mornings and mid-afternoons.

Caffeine free, it may be too stimulating to drink this within 2 hours of bedtime.



#3: Tea for Stress Relief

Stinging nettle, Tulsi Basil

Stinging nettle is a nutritive tea with some adaptogenic properties, while tulsi basil's sweet flavor balances the nettle's green taste.





- **Equal parts:**
Stinging Nettle Leaves (*Urtica dioica*)
Tulsi Basil/ Holy Basil leaves (*Ocimum sanctum*)

Hot tea:

1 tablespoon per cup

Fill a tea ball with the appropriate amount of tea

Place tea ball in a heat safe tea pot.

Cover with hot water.

Steep covered for 15 minutes.

Pour tea. Drink freely.





The best time to drink this tea:

This is a nourishing tea that can be drunk freely throughout the day. It will not make you drowsy.

#4-Tea to Relieve Cold and Flu Symptoms

Lemon zest, Turmeric Root, Ginger Root

This is a fresh tea paste that can be used for hot or cold drinks.





Recipe for fresh tea:

- Zest and juice of 3 lemons
- 1 - 4 inch piece of turmeric root, peeled, coarsely chopped
- 1 - 4 inch piece of ginger root peeled, coarsely chopped
- ¼ teaspoon of freshly ground pepper

Place all ingredients into a blender and puree. Transfer to a jar and refrigerate.

Use 1 teaspoon per mug of tea. Stir into mug. Add water to fill mug. Sweeten to taste with honey. Stir well.

Mixture may be dried in a dehydrator for long term storage. Use a low temperature of no more than 105°F to retain the active ingredients.



The best time to drink this tea:

When you are feeling low energy, this spicy tea is a comforting pick-me-up, that also relieves pain.

#5-- Tea for Christmas Eve

A spicy chai blend that is full of aromatic spices.



Benefits:

- Digestive aid
- Relaxing and Soothing
- Aromatic
- Boosts immune system
- Antioxidant
- Anti-inflammatory



Holiday Chai Tea

(Serves 6)

- ½ cup raspberry leaves, dried
- ¼ cup apple pieces, dried
- 2 tablespoon Ginger pieces, dried
- 1 organic orange peel dried and diced
- 2 cinnamon sticks, broken
- 6 cardamom pods
- 2 peppercorns
- 1 teaspoon fennel seeds



Use: Place spices in an 8 cup sauce pan. Add 6 cups of water and bring to a low simmer. Turn off, and let steep covered for 5 minutes. Strain out herbs, at honey and milk to taste. Serve hot.



Make this tea as needed. All spices are dried. If you don't have raspberry leaves you can use black or green tea in this recipe instead.

You can use fresh spices and dry them together at 105F in a dehydrator until they are firm. Store at room temperature in a jar for a month or two to allow the flavors to meld.



The best time to drink this tea:

This is the best tea to serve to company. It's rich in flavor and promotes relaxation and conversation.



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Bring your questions to the [Facebook Group](#).
I'll be there.