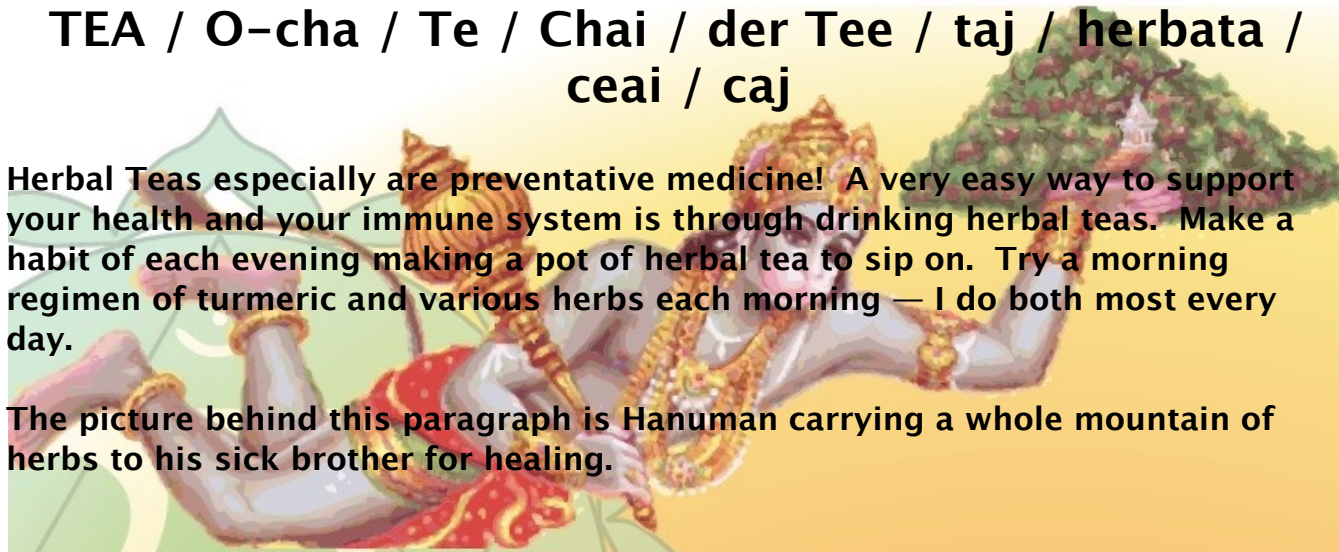


TEA / O-cha / Te / Chai / der Tee / taj / herbata / ceai / caj

Herbal Teas especially are preventative medicine! A very easy way to support your health and your immune system is through drinking herbal teas. Make a habit of each evening making a pot of herbal tea to sip on. Try a morning regimen of turmeric and various herbs each morning — I do both most every day.

The picture behind this paragraph is Hanuman carrying a whole mountain of herbs to his sick brother for healing.



Morning Tonic Tea

Boil Water and let cool slightly. Meanwhile while getting water ready add to your mug:

2 TBSP Apple cider vinegar

Juice of half of a lemon

Fresh sliced ginger

1 cinnamon stick

Fresh sliced turmeric or turmeric powder (1/4 tsp of powder)

Dash cayenne

If you like it sweet; when the tea becomes drinkable temperature add a little local raw honey.

Pour hot water over and let steep 5–10 minutes.

Herbal and Ayurvedic Teas

Herbal Tea #1 easy way to use herbs is straight from your garden!

Even herbs you don't think of as teas make powerful medicinal teas. These are simple to make, choose any herb in your garden and pour boiling water over

Make this part of your evening routine.

For example try:

ॐ Oregano – Great when feeling a cold coming on and for those who have excess candida.

ॐ Rosemary – Great for our memory :)



- ॐ Yarrow – In tea form yarrow is good for upper respiratory phlegm, reducing fevers, stimulating digestion, and fighting off the common cold, flu, and infections. Tea can also be used for bleeding ulcers, regulating menstruation aiding in reducing cramps and preventing endometriosis, and for anti-biotic purposes. **When making tea use a mix of leaves and flowers for a better flavor. Yarrow tea is a great stand alone tea, or for a nice night time tea is to steep 1/2 cup dried yarrow along with some lemon balm for about 17 minutes.** You can steep longer but a longer steeping may make it taste bitter. This tea combination will also lead to a nice nights sleep. For more in depth information on yarrow go here: <https://www.befityoga.com/wp-content/uploads/2017/05/herbs-yarrow-pdf.pdf>
- ॐ Echinacea – Collect some flowers and leaves from your purple cone flower. To use as a tea boil one flower and a few leaves for about 15 minutes. Let cool to drinkable temperature then add some honey — water hotter than body temperate can kill some of the beneficial enzymes of honey.
- o Echinacea is useful for many home remedies — it has been known for hundreds of years as an immune system booster in alternative therapies but recently has been studied by science. Historically it has been used as an anti-microbial to help fight infection — all kinds of infections including bacterial and viral. Some of the infections it has been tested against include: UTIs, yeast infections, herpes, gum disease, tonsillitis, strep, malaria, and Dyphtheria — used topically or internally. It has also been used in ancient times for snake bites (poisonous), spider bites (including brown recluse), bee stings, and ticks. I would use the extract topically for these applications.
 - o For more detailed information on echinacea and how to use it follow up here : <https://www.befityoga.com/wp-content/uploads/2016/08/herbs-Echinacea-pdf.pdf>
- ॐ Lemongrass
- ॐ Mint!
- ॐ Lemon balm – easy to grow and supports good sleep.

Summertime Mint Infused Water

Take a batch of fresh mint, wash it and pour water over it. Let it infuse for a few hours. Very refreshing on a hot summer day — and good for your stomach :)

Digestive Tea

Cumin, Coriander, and Fennel seeds. Slightly more fennel seeds. Put a tablespoon or so of each seed in pot and pour boiling water over. Let steep covered at least 5 minutes.

Super Duper Digestive Tea

Cumin, coriander, fennel, ginger, and cardamom.

Put a tablespoon or so of each seed in pot and pour boiling water over. Let steep covered at least 5 minutes.

Chai

20 whole cloves

20 whole green cardamon pods – opened up (i use a mortar and pestle)



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20 whole black peppercorns

5 sticks cinnamon

Ginger root freshly sliced

Roasted black tea balls (from TJ) special tea for chai, you have to boil it for 45 minutes)

try 4 teaspoons for this recipe

Add 3 quarts water and bring to boil -- Boil 30-45 minutes

Then Add 1/2 cup milk for each cup of remaining liquid, return it to the boiling point then remove immediately and strain. Add sugar to taste.

(According to yogi bayan: black pepper is a blood purifier, cardamom is for the colon, cloves for the nervous system, cinnamon for the bones. The milk aids in assimilation of the spices and prevents irritation to the colon. The black tea acts as an alloy for all ingredients, achieving a new chemical structure which makes the tea healthy and delicious.)

Hibiscus Tea

Hibiscus tea leaves (I get from Mountain Rose Herbs)

Whole Anise Star Pods

Cinnamon Sticks

Mint leaves

Honey — honey with the comb is really pretty in this concoction.

Steep everything but the honey in boiling water. The longer the steep the more cinnamon and Anise you will taste. Add honey comb when tea is drinkable temperature.

Ginger and Rose

Fresh slices of ginger and 1 Rose bud per cup of tea (I get dried rose buds from Mountain rose herbs)

Tulsi and Rose

Dried Tulsi tea leaves or fresh from my garden, steep with a dried rose bud for each glass

Ayurvedic Teas

Vata tea- equal parts of ginger, cumin and coriander

Pitta tea- equal parts of cumin, coriander and fennel

Kapha tea- equal parts of ginger, cinnamon and a pinch of clove

Teas and other tips for Boosting our Digestive Fire

ॐ Drink 1 tablespoon of apple cider vinegar with a cup of warm water with meals.



ॐ Chew 2 dime-sized slices of ginger sprinkled with lemon juice and salt before a meal.

ॐ Sip warm water with a squeeze of lemon and a pinch of salt before a meal.

ॐ Drink a glass of water 20 minutes before a meal to pre-hydrate the stomach's bicarbonate acid buffer, which is 80% water.

ॐ Try a tea of ginger and pepper before a meal with warm water.

ॐ Cumin, Coriander, and Fennel tea is great post-meal to aid in digestion — and it just feels right after a nice meal.

Harmonizing Digestive Herbal Tea from Floracopeia

Ingredients:

- Tulsi herb (aka Holy or Sacred Basil)
- Fresh ginger root

Benefits:

- Harmonizes the digestive system
- Eases cramps, gas, and bloating
- Purifies the digestive tract and promotes a healthy microbiome
- Boosts immunity, especially gut immunity

Instructions:

1. On the stove, simmer slices of fresh ginger root in 4 cups of water for 5-8 minutes. Always covered. Use a big root; no need to peel.
2. Turn off heat. Pour in 1/2 cup of cut Tulsi herb. I know, it's a lot! This should be brewed strong (ditch the tea bags). Cover and let steep for 15 mins. (I like Pacific Botanicals for super fresh dried herbs, we don't want herbs that are years and years old. We need the plants to be full of life-force to work. Always look for organic or biodynamic.)
3. Strain.
4. Personally, I like to add a few drops of **Cellular Harmony flower essence blend**.
5. Drink throughout the day. That's it! Totally effective and inexpensive.

Ways to use Turmeric Everyday

Turmeric! Everyday for: Liver support, Microbial support, Anti-inflammatory, Improves cellular health, improves BDNF in our brains (preventing dementia & alzheimers), cancer cell apoptosis (programs cancer cells to die), helps reduce pain . . . Over 600 reasons in the body to use it everyday.

I prefer to make some version of turmeric tea every morning:

ॐ My favorite is chop the whole root with a little ginger and a sprinkle of fresh ground black pepper. Steep it for about 15 minutes.

ॐ When I don't have fresh turmeric root, I use the powder, and mix it various other herbs or spices like cayenne or ginger and black pepper (black pepper improves the absorption of turmeric).

ॐ Also cooking frequently with turmeric is good. Turmeric is best absorbed in small culinary doses throughout the day, so each time you heat up oil in a skillet throw in a pinch of turmeric powder.



- Turmeric Paste** aka Golden Milk: When I feel like I need a “heroic” dose of turmeric I use about 1/2 cup turmeric powder, about 1” sliced fresh ginger, and a sprinkle of black peppercorns. Put this in about a cup of water and boil down to a paste. Add 1/3 cup coconut oil and stir it in. You can put this in a jar and refrigerate for a week or two. I then take 1 tablespoon of the paste, mix it in warm water for a thick tea or coconut milk or heavy cream (grass fed).
- ॐ Quick & Easy Turmeric Paste recipe - Mix equal parts organic turmeric powder and raw honey into a paste. At the first sign of feeling run-down, take 1 tsp of the paste every two hours until you’re feeling better. To make the formula more potent, add black pepper and make a paste with equal parts ghee and honey — then you’ve got a pretty amazing remedy.
 - ॐ Turmeric Tea with increased absorption: Turmeric can be hard for the body to absorb, adding pepper helps your body get the nutrients from turmeric, also boiling it increases absorption rate as well. Here is a recipe that is supposed to have a high turmeric absorption rate: **Add 1 tablespoon Turmeric and several good black pepper grinds into a quart of water that is already boiling (some ginger is good in this concoction as well.** (If you add it to room temperature water and then boil, it doesn't work as well.) After **boiling it for 10 minutes**, you will have created a 12 percent solution. Drink once it has sufficiently cooled.
 - ॐ AND MY FAV **TURMERIC LATTE** - Make the above turmeric paste by cooking down 1/2 cup turmeric in 1 cup water (with the ginger and black peppercorns as above). Remove the paste from heat and stir in about 1/3 cup coconut oil. (You can store this in a glass jar in the fridge for about a week). When you are ready take a heaping teaspoon of the turmeric/coconut oil paste, put it in a mug and sprinkle with a dash of cinnamon, cardamom, and clove. Top with steamed milk of your choice (if you don’t have a milk steamer heat it up on the stove and froth it with a french press). Recommended milk: Pastured, Local, organic, raw or vat pasteurized milk or organic real coconut milk.
 - ॐ A spoonful of Turmeric: About 1/4 tsp turmeric powder, black pepper grinds, 1/2 tsp honey, and a 1/2 tsp ghee or coconut oil. Mix together and consume.
 - ॐ **My turmeric tea recipe when I am feeling a little under the weather:**
 - Fresh sliced turmeric root (lots)
 - Fresh ginger
 - Black seed
 - ground peppercorns
 - sprinkle of turmeric powder (the powder vs. the whole root each has different benefits) o
 - Pinch or two of cayenne to taste or a chili pepper
 - Pour boiling water over and let it steep about 10-15 minutes
 - Strain and add (optional if you don’t have): Echinacea Tincture
 - fresh lemon juice
 - local raw honey
 - top with a teaspoon or two of coconut oil Stir well and enjoy.

“Sage” Wisdom

One of the oldest medical texts in Traditional Chinese Medicine, known as the Nei Ching, states:



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"To cure an illness after it arises is like forging weapons after the battle has started, or digging a well after you have become thirsty."

Today I want to share a "super-herb" tea recipe that may be able to turn the tables on your cold or flu, in heroic fashion. It's also wonderful for sore throats.

The leafy celebrity at the heart of this tasty potion is none other than **sage**, the sacred plant many of us burn routinely in our homes for its aromatic energy-clearing powers. Did you know that it also packs a serious wallop for colds, viruses and bacterial infections?

Also known as *Salvia officinalis*, sage is an antibacterial, antiviral, antimicrobial, anti-inflammatory, anti... pretty much anti-anything-that-feels-lousy.

All joking aside, this is a highly medicinal herb that is effective for a host of minor ailments like cold and flu, as well as major ones like cancer, Alzheimer's, and diabetes.

Call me an earth medicine nerd, but I get so much joy working with powerful ancient plants like these. They leave modern medicine in the dust, and feel like teachers in your body when you take them!

Below is a delicious sage tea recipe that master herbalists swear by because of its fast-acting effects.

by Nick Polizzi

Sage Tea Recipe

*Important: never use aluminum utensils or containers for your tea extractions. Glass, porcelain, silver, and Pyrex are best!

Ingredients:

- 1 Quart Water
- 12 Fresh Sage Leaves (Dry is ok too, but fresh is more potent!)
- 2 Tablespoons Local Honey
- 2 Tablespoons Fresh Lemon Juice
- A pinch of Cayenne Pepper

Preparation:

1. In a teapot or saucepan, bring water to a boil.
2. Add the sage leaves and remove the teapot or saucepan from heat.
3. Let steep for 15 minutes.
4. Stir in the remaining ingredients.
5. Pour a cup full, breath in the beautiful aroma, say a healing blessing, and enjoy!



Astragalus and Schizandra Tea a Chinese Herbal Tea

This tea for healing the liver, adaptogenic, strengthens female sexuality, and skin radiance, lung tonic and is energizing :) In TCM, schizandra is viewed as tonifying to all three treasures: Jing, Chi (Qi) and Shen. Because of its therapeutic diversity, it is often considered suitable for a wide range of people and body constitutions.

6 strips astragalus root

6 tsp dried schizandra berries

Simmer, covered in 4 cups filtered water for 20 minutes.

Cool. Add flower essences (opt.) = Harmony essence is a nice one to add.

Drink as a tea, or put some in a spray bottle and mist your skin, and can even be a soup base (or just the astragalus tea).

How to Make Flax Seed Tea



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- 1 Mix 1 Tbsp. whole flax seeds into 2 ½ cups water.
- 2 Bring to a boil, and simmer for one hour.
- 3 Use a strainer to separate the seeds from the liquid.
- 4 After straining, dilute it with hot water to adjust the consistency to your liking.
- 5 Drink 1 cup each day on an empty stomach.

Hawaiian Herbal teas

My two favorite unique to Hawaii herbs I like to make tea with, I just do a normal boiling water pour and steep over the leaves:

Mamaki – mild red flavored leaf cleanses blood, relieves fog and environmental toxins, balances blood pressure, cholesterol, diabetes. Relieves symptoms of depression and fatigue, insomnia, and irritability. Eases PMS and colic in children. Supports liver, stomach, colon, and bladder functions. Improves digestion, promotes weight loss.

Uhaloa – "What is a weed? A weed is a plant whose virtues have not yet been discovered." — Ralph Waldo Emerson, 1878



The virtues of the modest Hawaiian plant that looks and grows like a common weed: the unpretentious uhaloa (*Waltheria indica*).

Other Hawaiian names are hala uhaloa, alaala pu loa, hialoa and kanakaloa. The genus *Waltheria* is named after A.F. Walther, a professor in Leipzig, Germany.

Uhaloa is a short-lived shrub that can rise up to 6 feet or so in height. It grows a weak taproot but vigorous lateral roots and numerous fine roots. All roots are brownish and pliable. A single, staunch stem springs from the ground and commonly branches near the surface.

Early stems and leaves are coated with a velvety gray down. Alternate leaves, with prominent, entrenched veining, are narrowly oval or oblong, with irregular, serrated edges and a rounded to pointed tip. Dainty, fragrant, yellow to orange flowers are clustered in the leaf axils. Fruit capsules are double-valved, each with a solitary, tiny black seed.

Uhaloa flourishes in the tropics and warmer subtropics. In Hawaii it has adapted to habitats up to the 4,000-foot elevation. Uhaloa survives in a diverse range of soils with igneous, sedimentary (including limestone) and metamorphic rocks. It perseveres in drought, salt spray and slightly salty soil. It does not tolerate a shade canopy and is unable to live in dense grasslands.

Uhaloa is planted in ecological restoration efforts on culturally significant sites in Hawaii, like Makauwahi Cave on Kauai and on Kahoolawe.

The "virtues" of uhaloa manifest themselves in traditional Hawaiian medicine. Generally, flower buds were chewed by infants, stems and leaves by older children, and roots by adults, although the whole plant was commonly utilized for adults.

The bark of the taproots was chewed for sore throats. Whole plants and/or roots were boiled and juiced into a restorative, bitter tonic for fatigue or general debility. Uhaloa also served as a component in treating hano (asthma), arthritis, neuralgia and pulmonary complications like bronchial phlegm, mucous and chest congestion.



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O-cha :) Japanese Green Tea my favorites

Green Tea is a medicinal tea that helps our body detoxify. I enjoy Japanese Green Teas every morning.

Here are my three favorite Tea farms in Japan:

www.hibiki-an.com

www.obubu.com

www.yunomi.us

Sign reads: Magical Herbs :)

taken outside a herbal garden in a sweet little town just outside of Ceske Budejovice,
Czech Republic

