

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

Herbal Teas are preventative medicine! An easy way to support your health and your immune system is through drinking daily 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 boiled together for about 10 minutes. I make an herbal tea concoction every morning and steep an herbal tea every night.

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

Morning Tonic Tea

Morning tea option One

Slice whole turmeric and ginger rhizomes, and place in a small pot. Add a few black peppercorns. Fill the pot with water, boil for about 10 minutes, turn off heat then cover and steep for 5 - 10 minutes.

To turn your decoction into a tasty chai-like brew, add cardamom seeds, a cinnamon stick, and a clove bud or two before you boil the mixture.

Morning Tea option Two

Coriander, fennel, and cumin seeds boiled for 10 minutes as above. Optional add ins: turmeric, ginger, black pepper, cardamom.

Morning Tea Option Three



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Turmeric and ginger rhizome, black pepper or long pepper, cardamom, anise seeds, cinnamon stick.

Boiled as above.

Evening Tea Time

My evening teas are usually made from flowers and leaves of herbs from my garden. I wash them gently, place them in a tea pot and pour boiling water over them. I steep this for about 10 minutes, and let it continue to steep as I drink it. I refill my tea pot two or three times using the same flowers and leaves, each brewing pulls out different plant nutrients, and what is left over I drink at room temperature first thing in the morning with a squeeze of citrus.

My favorite evening teas:

ॐ Tulsi - my #1 fav. Overall harmonizing and stress reducing.

ॐ Chamomile - calming

ॐ Rose bud (make sure you have organic high quality rose buds)

Rose is good for the heart and skin.

ॐ Tulsi or chamomile, combined with a rose bud or two ... divine

ॐ Tulsi + fresh ginger root - harmonizing, digestive, and anti-

inflammatory. Boil the ginger slices for about 10 minutes, turn

off heat and add fresh or dried tulsi and steep another 10

minutes.

ॐ Marjoram - marjoram is a muscle relaxer. Good for stress, tightness, aches and pains.

ॐ Thyme - anti-viral

Loose leaf teas are best for steeping as it allows water to contact more of the plant material. My favorite way to steep teas is to buy a tea pot with a strainer in it, in which you place the tea leaves directly into the teapot.

I don't recommend tea bags; the lowest quality herbs are used for tea bags. If you do purchase tea bags be aware many are made with plastic so please search the box for words indicating the manufacturer is aware to not use plastic tea bags.



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ॐ Sage — a rose bud with sage is lovely, too. Balancing to hormones, anti-microbial.

ॐ Mamaki (Hawaiian)

ॐ Lemon balm (Melissa) - induces sleepiness

ॐ Tarragon

ॐ Fennel - improves digestion

ॐ Calendula flowers - highly anti-inflammatory

ॐ Rosemary - good for brain health and memory

ॐ Oregano - Great when feeling a cold coming on, good for excess candida.

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. 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 combine with lemon balm.

ॐ Echinacea - aka Purple cone flower - boosts immune function.

Collect some flowers and leaves from the purple cone flower. To use as a tea boil one flower and a few leaves for about 15 minutes. Let cool to drinkable temperature, optional add some honey — water hotter than body temperature can kill some of the beneficial enzymes of honey. Flowers dry easily for use over the winter months.

ॐ Lemongrass

ॐ Mint

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.

Other tea ideas





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. Put a teaspoon or so of each seed in pot and pour boiling water over. Let steep covered at least 5 minutes, or boil the seeds for 10 minutes.

Super Duper Digestive Tea

Cumin, coriander, fennel, ginger, and cardamom.

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

More powerful brew: Boil all seeds for 10–15 minutes in 2 cups water. Let cool to drinking temperature, relax and sip.

Hibiscus Tea

Hibiscus tea leaves (I get from Mountain Rose Herbs)

Whole Anise Star Pods

Cinnamon Sticks

Mint leaves

Optional; 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

Astragalus and Schizandra Tea a Chinese Herbal Tea



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This tea is healing to the liver, adaptogenic, improves skin radiance, lung tonic and is energizing :) In TCM, schizandra is viewed as tonifying.

6 strips astragalus root

6 tsp dried schizandra berries

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

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).



Other notes and teas, including Green Teas

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.
- ॐ **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



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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:**

- o Fresh sliced turmeric root (lots)
- o Fresh ginger
- o Black seed (opt)
- o ground peppercorns
- o 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):

- o Echinacea Tincture
- o fresh lemon juice
- o local raw honey

Stir well and enjoy.



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“Sage” Wisdom

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

“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!



How to Make Flax Seed Tea

- 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 kanakaloha. 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 and relax while stimulating fat burning and brain energy. 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 at a herbal garden in a sweet little town just outside of Ceske Budejovice, Czech
Republic





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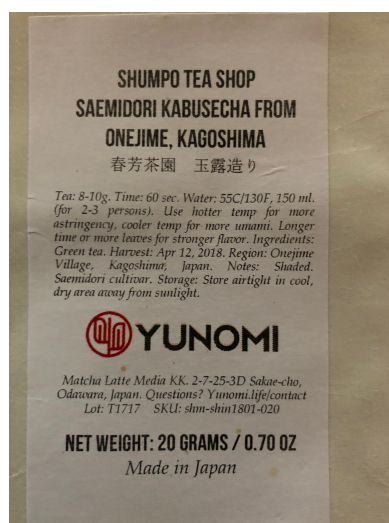
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O-cha Japanese Green Tea my favorites

Senchas

Fukamushi super premium from hibiki-an – My favorite

Sunday Morning – from tea shop in Berlin -- Says its a
Sencha Umegashima from Shizuoka



From Yunomi (Picture left) – Kurihara tea Premium Sencha Hime Midori

Tencha Samidori – Yunomi.life from Azuma Tea Garden Wazuka, Kyoto.

Gen-Maichas

GenMaicha with Matcha – Hibiki-an and from tea shop in Berlin

Gyokuro

Super premium from Hibiki-an

Kuradeshi Gyokuro Premium from Hibiki-an

Kukicha – Kukicha is a unique looking tea in that it contains stems and stalks from the production of Sencha. This stem tea has a unique aroma, natural sweetness, and contains a high theanine (amino acid) level which promotes calmness.

Yuzu Kikicha – from Dens Tea – Our Yuzu Kukicha is made with first flush Kukicha, dried Yuzu chips, and a hint of Matcha. Yuzu is not usually consumed by itself due to its sourness; instead, its rind is used as a garnish or small slivers are added to dishes to enhance their flavor. Yuzu is usually available only in the winter in Japan.

Yuzu is distinct from lemons, limes, or any other Western citrus fruit. The impressive mild green vegetable flavor of Kukicha is perked up by the unique citrus flavor while the Matcha adds a little sweetness.

Some awesome green tea drinks:

Gyokuro / Sencha base

Snowy Mountain Mint Gyokuro

Simply add a mint leaf or sprig in a glass of iced Gyokuro. It makes a very refreshing cold drink for the hot summer season, like a cool winter breeze!

(*) You can also enjoy this Iced Tea recipe made with Sencha.



Sunny Citrus Sencha

Prepare the iced Sencha as usual and select one type of citrus from the list below.

Place a garnish you like on top, according to your taste.

This is a healthy and refreshing drink.

Like mineral water, this drink goes well with any kind of meal.

It's rich in vitamin C and other nutrients.

(*) You can also enjoy this Iced Tea recipe made with Gyokuro.

Squeeze or slice of citrus

Lemon

Lime

Orange

Garnish (if desired)

Mint leaf

Basil leaf

Houjicha base

Spicy Ginger Houjicha

Add just a drop of ginger juice or root.

This drink is a bit spicy.



Cool and Creamy Summer Houjicha

Add a few drops of milk to your Houjicha cup.

Because its taste is quite similar to English black tea, it makes a perfect healthy alternative to English black tea.

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White Tea

Silver Needle from Adagio – White tea from China. Silver Needle is among the most revered of Chinese teas, produced in the Fuding and Zhenhe districts of its Fujian province. Gathered only for a few days in early spring, a dedication to perfection is evident in the pale, ivory colored liquor. The lingering fragrance is delicately honeysuckle floral, with a warmed sugar sweetness. Refreshing texture that is soft and airy on the palate. This is a special grade ('Bai Hao') version of this exquisite tea.