

Adrenal/Nerve Rejuvenator Tea

This formula provides the nutrients to strengthen, support and rebuild the adrenal glands which deal with stress and stimulate the response required to deal with stressful situations. The tea also nourishes, balances and restores normal function to either hypoactive adrenals contributing to systematic exhaustion or hyperactive adrenals at the mercy of a dominant sympathetic nervous system.

Contains: Catnip, Hops, Borage, Lobelia, Scullcap, Valerian Root, Tulsi, Gotu Kola and Passion Flower Leaf

Infuse 1-2 teaspoons in boiled water or as taste desires.

Calcium Tea

A superior intake of calcium is valuable for many conditions including pregnancy, nursing, muscular cramps, hair and nail weakness and imbalances of body chemistry which lead to weak bones, osteoporosis and calcification of the joints. This tea will provide the nutrients and minerals the body requires to relieve and heal calcium/mineral deficiencies.

Contains: Horsetail, Oatstraw, Lobelia, Marshmallow Root, Kelp and Parsley Root

Infuse 1-2 teaspoons in boiled water or as taste desires.

Circulation Tea

This formula increases the range and power of circulation, especially to deficient areas of the body, the capillaries and extremities. The equalisation also restores normal blood pressure, whether high or low. This tea also restores adequate blood flow to the brain, relieving tiredness, poor memory, senility and negative mental states.

Contains: St John's Wort, Sage, Rue, Bayberry, Gingko, Ginger, Hawthorn Berry and Golden Seal Root

Infuse 1-2 teaspoons in boiled water or as taste desires.

Cold & Flu Tea

A wonderful anti-bacterial blend designed to strengthen the immune system to prevent the onset of colds and flus, as well as helping the body eliminate cold and flu bacteria when experiencing symptoms.

Contains: Eucalyptus Leaf, Ginger Root, Echinacea Root, Peppermint Leaf, Rose Hips and Elderflower

Infuse 1-2 teaspoons in boiled water or as taste desires.

Detox Tea

Detox herbal tea provides a gentle relieving general detox to the blood system, liver, urinary system, kidneys and gall bladder whilst supporting blood cleansing and supplying vital nutrients and vitamins like iron, calcium and magnesium to the body.

Contains: Borage Leaf, Burdock Root, Dandelion Root, Gotu Kola, Licorice Root, Nettle Leaf, Red Clover Blossom, Red Raspberry Leaf, Uva Ursi Leaf and Yellow Dock Root

Infuse 1-2 teaspoons in boiled water or as taste desires.

Digest Tea

Digest herbal tea provides ease to an overly taxed, overly acidic digestive environment. It will promote acid/alkaline balance for the stomach and digestive tract, enabling the digestive system to burn off excess fat and reduce digestive ailments like indigestion, reflux, internal ulcers and heartburn.

Contains: Meadowsweet, Wood Betony, Peppermint Leaf, Hibiscus Flower, Lemongrass, Rose Hips and Fennel Seed

Infuse 1-2 teaspoons in boiled water or as taste desires.

Essiac Tea

Essiac strengthens the immune system, improves wellbeing, relieves pain, increases appetite, reduces tumor size and extends survival. It cleanses the blood, promotes cell repair, restores energy levels and detoxifies the body. The herbs contained in Essiac relieve inflammation, lubricate bones and joints, stimulate the stomach and eliminate excess mucous in organs, tissues, lymph glands and nerve channels.

Contains: Burdock root, Sheep Sorrel, Turkish Rhubarb, Red Clover Blossoms, Blessed Thistle, Kelp and Slippery Elm

Infuse 1-2 teaspoons in boiled water or as taste desires.

Female Tonic Tea

Female Tonic can be used to restore sexual function, balance hormone function, improve digestion and enhance the body's detoxifying effect. In addition this formula reduces inflammation in the uterus. During menopause it will enhance the body's response to adjust to a new equilibrium after cessation of menstrual activity and relieve excess uterine bleeding.

Contains: Black Cohosh, Blessed Thistle, Marshmallow Root, Golden Seal, Red Raspberry, Meadowsweet, Ginger, Rose Petals and Licorice Root.

Infuse 1-2 teaspoons in boiled water or as taste desires.

Ginger, Lemon Balm, Lemon Grass Tea

This wonderful blend soothes and relieves muscles spasms, digestive nervousness and digestive disorders, calms the nerves, decreases inflammation and acidity and settles digestive issues from mental or emotional stresses affecting the digestive system.

Contains: Ginger Root, Lemon Balm and Lemon Grass

Infuse 1-2 teaspoons in boiled water or as taste desires.

Immune/Fungus/Infection Fighting Tea

Acute infections require high doses of herbs to stimulate the lymphatic system to deal with the invasion. Keep this tea on hand and drink up to 4 or 5 cups a day, this tea is useful to treat colds, flu, fever, abscesses, infected wounds, bronchitis, and burns. Also works effectively when fasting on fresh juices. Useful when fungal infections prove resistant.

Contains: White Willow, Slippery Elm, Yarrow, Dandelion Root, Bupleurum, Astragalus, Poke Root, Pau D'Arco, Barberry, Clivers, Echinacea, Thyme and Myrrh

Infuse 1-2 teaspoons in boiled water or as taste desires.

Liver Cleanse Tea

This herbal tea deeply cleanses and restores the liver to normal health, from an inefficient, sluggish, fatty liver to a toned, nourished and wide-awake liver. This delicious herbal tea will reduce excess fat deposits in the liver, increase function efficiency, increase circulation to lymphatic glands and reduce built up rubbish in the lymph's.

Nb. For symptoms of hypertension or when taking prescribed high blood pressure medication, it is advised not to drink this herbal tea as Licorice may interfere with high blood pressure and the medication

Contains: Peppermint Leaf, Violet Leaf, Licorice, Anise, Fennel and Fenugreek

Bring water to the boil then add and simmer two or more teaspoons for approximately five minutes. Steep until water is cool enough to drink.

Male Tonic Tea

Male Tonic can be used to restore sexual function, improve digestion and enhance the body's detoxifying effect. In addition it is a male corrective formula aimed at reducing inflammation in the reproductive and urinary systems, particularly in the prostate and kidneys. The herbs increase the flow of urine, shrink inflamed tissues and increase blood circulation.

Contains: Golden Seal, Saw Palmetto, Parsley Root, Marshmallow, Sarsaparilla, Juniper Berries, Damiana and Wild Yam Root

Infuse 1-2 teaspoons in boiled water or as taste desires.

Respiratory Tea

This formula supports the respiratory system when it is infected, actively eliminating or chronically weak with conditions like asthma and bronchitis. The tea works best when taken four or more cups a day as well as systematic treatment for activating and cleansing the eliminative channels and purifying and regenerating the body systems and organs.

Contains: Mullein, Elecampane, Licorice Root, Thyme, Elder Flower and Marshmallow Root

Infuse 1-2 teaspoons in boiled water or as taste desires.

Serenitea

Serenitea calms, relaxes and soothes the nervous system and an overactive mind. Drank as an evening tea it will provide a good night's rest and if drank during the day will promote calmness and quietness whilst still encouraging mental focus. Gentle on the stomach and eases digestion.

Contains: Catnip Leaf, Hops, Mistletoe, Peppermint Leaf, Skullcap, Valerian Root, Vervain and Wood Betony.
N.B: avoid during pregnancy

Infuse 1-2 teaspoons in boiled water or as taste desires.

Sweet Sleep Tea

Restful sleep depends to a large extent on the ability of our parasympathetic nervous system to relax and release us from stress and strain of daily activities. These herbs mildly sedate the nervous system and encourage a sweet restful sleep that leaves one rested, yet alert in the morning. During times of stress or intense activity this formula can also be taken at regular intervals during the day.

Contains: Chamomile, Passion Flower, Valerian Root, Hops, Broom, Linden, Kava and Vervain

Infuse 1-2 teaspoons in boiled water or as taste desires.

Tulsi Rose Tea

A perfect blend for those in the need of emotional release or cleansing and the strength to support it. This tea will break up congestion, dry mucus, stop bleeding, clear heat, regulate menstrual cycles, promote bile flow, stimulate the adrenal cortex, aid digestion, is anti-bacterial, expels worms, and provides an overall energising aromatherapy affect. Emotionally, the tea will calm the heart and enhance positive emotions, expelling anger, anxiety, and depression.

Contains: Tulsi leaf, Rose Petals

Infuse 1-2 teaspoons in boiled water or as taste desires.

Water Balance Tea

Water Balance herbal tea will provide comfort and relief to an infected urinary system, specifically reducing infection to bladder, kidneys, uterine walls, and urethra. Good for reducing and eliminating common bladder and kidney stones, inflammation, urinary infections, irritable bladder, edema and reducing water retention. This tea harmonises and balances the fluid intake and excretion of the body whilst maintaining strength to the adrenals, bladder, kidneys, stomach and genital-urinary system.

Contains: Buchu, Chickweed, Clivers, Couch Grass, Parsley and Uva Ursi

Infuse 1-2 teaspoons in boiled water or as taste desires.

5 Spice Chai

Consume with boiled water as a warm beverage. As well as the health and healing properties of ginger, turmeric, and cinnamon, it contains cloves. Cloves act as a mild anaesthetic and can boost circulation when rubbed around a painful toothache. They are an analgesic that reduces pain, anti-inflammatory reducing redness and swelling around an injury, and antibacterial, fighting against helicobacter causing ulcers. The Eugenol oil in cloves helps to fight against herpes simplex, cold sores, hepatitis-c, and preventing blood clots. Cardamom is known to strengthen the heart and lungs, reduce stomach acidity, stimulate the mind towards joy, clarity, and mental alertness and is also considered to be an aphrodisiac.

Contains: Turmeric, Cloves, Cinnamon, Ginger and Cardamom

Infuse 1-2 teaspoons in boiled water or as taste desires.