

Self-Care Day Tea Making

HERB INFO



Stinging Nettle

Stinging Nettle can help to relieve joint pain. It is also used sometimes for urinary issues (like UTI). Some people believe Nettle's support healthy digestion, and are a good source of anti-oxidants. No, they won't sting your mouth if taken as Tea or cooked!



Hawthorn

Hawthorn is a powerful plant that is frequently used to address blood and heart issues. It is also used to relieve anxiety and can support healthy digestion.



Lemon Balm

Lemon Balm promotes happiness, and a general sense of well-being. It is often used to address anxiety and depression. It can also be used for stress and for calming sleep



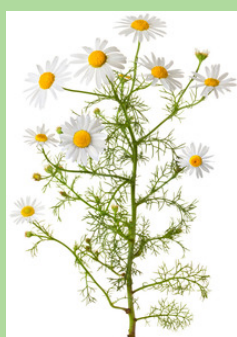
Tulsi

Tulsi, also known as Holy Basil, is often used as an energizer, this non-caffeinated plant can be a good alternative to other stimulants and also has many balancing properties.



Peppermint

Peppermint can provide respiratory support as well as be used for calming, mood stabilization, and menstruation.



Camomille

Camomille. is a calming herb often used to promote sleep and general sense of well being.



Passion Flower

Passion Flower is sometimes referred to as "the calming herb," because it promotes relaxation and reduces anxiety.



Catnip

Catnip is used to help regulate sleep and to reduce stress and anxiety. It is also used to ease menstrual pain, and can be used for stomach pain.



Motherwort

Motherwort supports blood health and healthy blood flow. It can be used to relieve menstrual cramps and is also known to calm the nervous system. Note: should not be taken if pregnant.



Linden

Linden is believed to help reduce stress and anxiety. It is often used for colds to help make coughs more efficient and help sore throats.



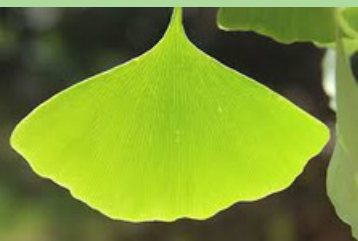
Ginseng

Ginseng is believed to boost energy levels, reduce stress, and promote relaxation.



Ashwaganda

Ashwaganda has been used medicinally for centuries. It's an adaptogen, meaning that it adapts to regulate and balance. It can regulate mood, energy levels, blood pressure, blood sugar, and reduce cortisol (stress hormone).



Ginkgo Leaf

Ginkgo is a powerful plant with many beneficial uses. These include: improved memory and brain function, mood stabilization, energizing, and anti-inflammatory functions.



Rose

Rose buds can be used as a calming mood regulator. They are also used for menstrual regulation and as a blood tonic.



Lavender

Lavender is very versatile, it is known to help relief anxiety and stress, help with sleep disorders, prevent digestive issues, help with estrogen regulation, and can be used for skin and hair care.



Raspberry Leaf

According to Mountain Rose Herbs: Raspberry leaf tea has been used for centuries as a folk medicine to treat canker sores, cold sores, and gingivitis in persons of all ages and anemia, leg cramps, diarrhea, and morning sickness during pregnancy, and as a uterine relaxant



Wild Black Berry Tea

This is a tea blend of blackberry, leaf, and black tea. Blackberries contain high vitamin content, in particular vitamin C which is necessary for immune function.

Green Tea

Green Tea is antioxidant rich and known to contain bioactive compounds that improve health. It is good for blood flow and pressure and the heart, as well as good for improving brain function



Yerba Mate

This plant is a stimulant and should be taken in proper doses like other stimulants. Yerba Mate has many of the same health benefits as green tea though some researchers believe it to be more vitamin and mineral rich.

