

## Herbal Tea Tips

If you are looking for some nice teas and hot drinks that are healthful, here are a few pointers on Herbal Teas. You can now buy them in most regular grocery stores. Even the tea companies made herbal teas. Lipton makes a lovely lemon tea and Tetley has some nice ones. One important thing though, is to read labels carefully because although there are lots of kinds of healthy herbal teas, there are some that have regular tea with herbs added to it, and these should not be used.

‘Celestial Seasonings’ has many nice teas, and many that are good for medicinal uses also, but again **read labels and avoid ones containing:**

Cinnamon

Any kind of pepper

Allspice

Cloves

Ephedra also called MaHuang (Often found in teas to ‘give energy’)

### **Some helpful health teas:**

Here is a list of some good flavors to try.

Peppermint or other mints; refreshing and light and great for gas

Lemon; very refreshing and good for colds

Hibiscus; a tangy fruit flavor.

Ginger; for stomach problems or nausea. Mixing a pinch of ginger with fresh lemon and honey is great for colds or sore throats.

Chamomile; nice for the stomach, mildly relaxing, pleasant taste

Celestial Seasonings Sleepytime tea is a good relaxing evening tea.

Catnip tea is a good relaxer and helps digestion.