



# Drink Herbal Tea For Your Health



*Patty's Plants*

WWW.PATTYSPLANTS.COM

PATTY@PATTYSPLANTS.COM

There are wonderful herbal teas that can help you when you're feeling a little under the weather. Most of the herbs in these teas you can grow right in your own garden. Not enough space? They grow well in containers too. The great thing about growing your own herbs is that you are in control of how you grow them. You know they don't have any pesticides in them. The fertilizer you used was natural. That in it's self can make you feel better. Harvesting and drying them for winter use and making tea on a cold winters night can be very comforting. Here is a list of some of the teas that may help.

**Rosemary**– Relieves colds and mild headaches. It has also be said to stimulate liver activity and improve blood circulation.

**Thyme**– Works as an antiseptic. Good for sore throats, coughs. It also improves your general immune system.

**Sage**– Sage officinalis has a coming effect. It improves digestion, alleviates coughs and congestion, sore throats and make canker sores feel better. Just drink it as a tea or gargle with it. Sage in Latin is Salvia which means “To Be Saved”.

**Fennel**– Has an anise flavor with a touch of peppermint. Greeks started drinking fennel tea as a appetite suppressant to lose weight. They also used it to aid with digestion and gas. It's also been used for babies with colic and to increase milk flow for nursing moms.

**Lemon Balm**– Colonial America loved lemon balm tea. Thomas Jefferson who was a wonderful gardener included it in his garden in Monticello. It may help sooth a cold, aid in digestion and have a calming effect. It has been tested and is believed to lower blood pressure.

**Chamomile**– This apple scented herb relieves, nausea & anxiety. It promotes sleepiness, comforts sore throats and colds.

**Basil**– Make a soothing tea for nausea. Basil combined with lemon balm and rosehips is said to fight mild depression.

**To make teas with any of these:** 1t dried or 3t fresh with 1 cup of water. Steep 5 minutes. Sweeten with honey, sugar or stevia. ( use only one small stevia leaf)

## **Herbs pregnant women should avoid.**

Herbs high in volatile oils (which can stimulate or irritate the uterus): eucalyptus, nutmeg, and the mint family members basil, catnip, lemon balm, marjoram, oregano, peppermint, pennyroyal, rosemary, true sage, and thyme. For the common culinary herbs, the concern lies with the use of high doses in women susceptible to miscarriage, not with using herbs to flavor food.

**\*\*\*\*With the use of any of these herbs for medicinal use always  
consult your doctor first. \*\*\*\***

www.pattysplants.com or email to: patty@pattysplants.com