

Herbal Tea Recipes and Ingredients:

Tea #1: Organic Heal and Seal Gut Tea

Marshmallow (root)
Stinging Nettle (leaf)
Licorice (root)
Fennel (seed)
Chamomile (leaf and flower)
Lemon Balm (leaf)

Tea #2: Organic Calm Joint and Gut Tea

Holy Basil (aka tulsi, leaf)
Hibiscus (leaf)
Rose (seed and flower)
Ginger (root)
Lemon and Orange (peel)
Licorice (root)

Tea #3: Organic Calm Mind Tea

Milky Oats (tops and straw)
Lemon Balm (leaf)
St. John's Wort (flower and leaf)
Calendula (flower)
Licorice (root)

Tea #4: Recipe for Allergy Relief

Mullein (leaf and flower)
Yarrow (flowering top)
Stinging Nettle (leaf)
Goldenrod (leaf and flower)
Local honey and pollen