



## Single Teas



List of single teas with a very abbreviated display of potential health benefits. Note: I drink these teas for their potential benefits, but I encourage self-research. 1 tsp of herb per 1 cup of water.

TEA	BENEFIT
Plantain Leaf	Cough, small wounds/cuts, dermatitis, insect bites
Raspberry Leaf	Diuretic, menstrual cramps
Lemon Balm	Bloating, nausea, digestive stimulant, sleep aid
Elderflower	Sinusitis, colds, flu, bronchitis, diabetes, constipation, diuretic
Elderberry	Anti-inflammatory, cold, flu, diuretic, skin health

### TEA BLENDS

List of tea blends with a very abbreviated display of potential health benefits. Note: I drink these teas for their potential benefits, but I encourage self-research.

#### Antioxidant & Anti-inflammatory

Sage  
Ginger  
Cinnamon stick

#### Respiratory blend

Mullein  
Marshmallow root  
Orange peel  
Licorice root  
Elderflower  
Ginger root  
Fennel seed  
Lemon balm  
Echinacea root  
Thyme

NOTE: Please take care when taking herbs if you are taking medications and be sure to make your doctors aware to avoid contraindication of herbs and medication mixing.