

Herbal Solutions

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CHAMOMILE TEA

Chamomile is a wonderful relaxant for the nervous system and digestion and relaxes smooth muscle throughout the body. In the digestive tract it relieves tension and spasm, colic, abdominal pain, gastritis, wind and distension. It is famous for soothing all kinds of digestive upsets, particularly when related to stress and tension. It will also speed up the healing of gastric ulcers. Chamomile tea helps to relieve nausea and sickness in pregnancy, relax uterine spasm and can be drunk throughout childbirth to relax tension and lessen the pain of contractions. Drink a cup of Chamomile tea before going to bed to ensure a good night's sleep. Chamomile is particularly useful for babies and small children for colic, anxiety and sleeplessness. It can be taken as a tea and the infusion can be put in the bath for small babies.

LEMON BALM TEA

Contains Lemon balm (*Melissa officinalis*), Lemon verbena (*Lippia citriodora*) and Lemon grass (*Cymbopogon citratus*)

This mix of lemon-flavored herbs is an excellent tea for soothing the nerves and lifting the spirits. It is a gently sedative tea, which will relieve stress and help, induce sleep and is particularly effective in nervous stomach disorders.

PEPPERMINT TEA

Contains Peppermint (*Mentha piperita*), Catmint (*Mentha cataria*) and other mint species. Peppermint makes a good general tonic, to recharge vital energy and dispel lethargy. This tea relaxes smooth muscle, and reduces inflammation, relieving pain and spasm in stomachaches, has anti-flatulent properties, stimulates bile and digestive juice secretion and is therefore excellent for aiding indigestion. It also helps to stop nausea and relieves morning sickness and travel sickness.

TONIC TEA

Contains Nettles (*Urtica doica*), Elderflower (*Sambucus nigra*), Rosemary (*Rosmarinus officinalis*) and Gotu kola (*Centella asiatica*).

Nettles are high in iron and Vitamin C and therefore useful in treating anemia. They also act as a diuretic and increase the secretion of uric acid, they are also toxin clearers and cleanse the body of accumulated wastes, and can be useful in the treatment of water retention. They help in lowering blood sugar and in the production of milk in nursing mothers.

Elderflowers and leaves are ideal for the treatment of colds and flu and can also be used for hay fever and sinusitis. They appear to strengthen the mucous membranes and help to increase resistance to irritant allergens.

Rosemary acts as a circulatory stimulant with particular reference to the cerebral circulation thus proving its use for improving the memory. It is also a valuable tonic herb and is useful for temporary fatigue and overwork.

Gotu Kola is a tonic herb, which can improve concentration and failing memory, and is useful for lack of energy.

ZIMBANI TEA

Contains Zimbani (*Lippia javanica*) leaves.

Zimbani tea is used for coughs, colds, asthma and bronchitis. and is also excellent for bringing down fevers hence its name fever tree. It is also used for various chest ailments, influenza, measles, rashes, stomach problems and headaches. For fevers the cooled tea is used as a lotion to dab frequently onto the forehead, and as a tea sipped at frequent intervals it is still believed to be the best fever treatment for malaria. Weak infusions can be taken as a general health tea and strong infusions can be used topically for treating rashes, scratches, stings, bites and heat rash. A strong infusion of the tea can be put into the bath as it is wonderfully soothing and relaxing after a busy day. The tea bags can also be placed in cupboards amongst clothes and linen and will freshen and perfume them.

ROSELLA TEA

Also known as Roselle, African mallow and Natal sorrel. It is an annual Hibiscus. The part used is the calyx, which is bright red in colour. Medicinal - Rich in a vast array of amino acids, high in calcium. Potassium. Riboflavin, iron and vitamin C, Roselle is excellent for coughs, colds and flu if taken as a tea twice daily and used as a gargle for sore throats. To make the tea use one teabag, soak for 5 minutes, strain, sweeten with a little honey, and sip slowly. Can also be used for iced tea.

ROSEMARY TEA

Rosemary contains volatile oils which are antiseptic, with antibacterial and anti-fungal properties and which enhance the function of the immune system. By increasing circulation to the skin rosemary causes sweating and makes a good remedy for bringing down fevers. Its warming and stimulating properties help to clear phlegm from the head and chest, useful for relieving colds, flu, catarrh, coughs, wheezing, bronchitis and whooping cough. Their additional relaxant effects help relieve spasm in the bronchial tubes in asthma. Rosemary is a wonderful tonic, particularly for the heart, brain and nervous system. By increasing the flow of blood to the head, it stimulates the brain and heightens concentration. It has been used for anxiety, tension, exhaustion, lethargy, depression, insomnia and as a tonic during convalescence and for the elderly. It also makes an excellent remedy for preventing and treating migraines and headaches. It also improves vitality and stimulates digestion, relieves flatulence and distension, enhances the appetite and increases the flow of digestive juices. Rosemary is famous as a rejuvenating tonic and is said to slow the aging process which is probably due to its antioxidant properties which prevents damage by free radicals.

MARANGE TEA

Marange tea is made from the dried leaves of *Fadogia aencylantha*. It is rich in zinc, which is important for growth, healthy sex organs, healthy skin and a sound immune system.

