



# Herbal teas and there suggested uses.

Spinney Kitchen

## Don't Forget;

We have a wide selection of;

- .Tea Infusers
- Tea Caddies
- Mugs

## Don't Forget;

All our tisanes come in three different sizes;

- .300ml with flapper top
- 500ml with flapper top
- 1Kg Bag



**Borage** - calming, cooling & cleansing tea also used to break a fever & build strength. Good for hangovers, I.B.S. & helps with lactation.

**Chamomile** - Used to reduce stress, promote relaxation, a restful sleep & reduce inflammation.

**Comfrey** – If you want to encourage healing in the gut, or anywhere else; if you have arthritis or rheumatism; if you want to settle the stomach.

**Dandelion** - Effective diuretic, Stimulates and cleanses the liver, May reduce the incidence of gallstones.

**Elderflower** – Generally useful to relive cold symptoms or make a lovely wine or cordial.

**Green tea** - This is a preparation of 'normal' tea, which has health giving properties. Its reputation is of benefiting health generally, and in particular have antioxidant and anti-cancer properties.

**Lemon balm** - A refreshing gentle herb to relive anxiety & induce rest.

**Lemon verbena** - To relive anxiety and promote digestion.

**Lime flower** - Anti-stress tea used for soothing the nervous system, said to help reduce blood pressure.

**Lovage** - good for kidneys as it is a mild diuretic, stimulates appetite also reduces flatulence & upset stomach.

**Nettle** - Nettles have a reputation of being nutritious and also detoxifying. nettle tea is thus a good general tea to use every day.





## Spinney Kitchen

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### More Teas

**Peppermint** - Aids the digestive system and calming to nervous stomachs. Good for the respiratory system and for warding off colds.

**Yarrow** - Used too help with the healing process.

**Raspberry leaf** - It will often assist periods, so take it if you have pre - menstrual tension or other menstrual symptoms; or during menopause. Also used to make a tea to gargle with for sore throat.

**Red sage** - Wonderful to gargle with to relive sore throats & enhance immunity.

**Rosehip** - helps purify the body's blood, ease headaches, cramps, and dizziness. Can also be used to stop diarrhoea.