

Top 10 Must Have Herbal Teas



By Joyce Wheeler

Disclaimer: This is strictly for educational purposes. If you have a medical condition one of herbs treats, are pregnant or planning to become pregnant or nursing it is important to consult with your health care professional.

Start small in case you might be allergic.

For the best results always be sure to use organic products.

Hibiscus

It is anti-inflammatory, contains all the electrolytes are bodies need, heart health and high blood pressure, diuretic tastes like cranberry.

Dandelion Root

Liver health, diuretic, healthy digestion, full of nutrients with a bitter taste.

Chamomile

Known as the children's herb, great for stomach issues, relaxing, coli, teething, fevers, nice flavorful taste

Peppermint

Stomach issues, bad breath, fever, headaches, sinus congestion, spasms

Lavender

Calming, insomnia, digestion, cold/flu mental stimulation

Stinging Nettle

Seasonal allergies, urinary tract infections, asthma, arthritis, anemia, eczema, fatigue, weak bones, teeth, hair, menstrual cramps, sluggish metabolism, eczema, jam packed with nutrients, taste salty.

Lemon Balm

Nervousness, anxiety, stress, nervous digestion, insomnia, depression
colds/ influenza, fever, viral infections, radiation, heart disease. Sour taste.

Licorice Root

Asthma, constipation, coughs, eczema, fatigue, heartburn hepatitis, inflamed mucus membrane, sore throat, stress, ulcers, viral infections. Sweet taste **use in moderation if you have high blood pressure, kidney or liver issues**

Raspberry Leaf

Menstrual cramps, preparation for labor, mouth sores, menopause, diarrhea, leukorrhea, sour taste. **Do not use in the first 2 trimesters.**

Hawthorn Berry

Cardiac weakness, heart-related illness, regulating blood pressure, stagnant digestion, tastes sweet.

When taking any heart medications consult with a health care professional before taking.

Last Thoughts

Not all the herbs have a pleasant taste. In my opinion the ones that taste the best are Hibiscus, Chamomile, Peppermint and Lavender. I suggest pairing the others with one of these. If does not taste good, as humans we tend to push it away.

If you want the herbs that are most nutrient dense that would be Stinging Nettle and Dandelion.