



## Herbal Remedies Solutions

### 10 Free Herbal Tea Remedies Recipes

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**If not sure what the uses and dosages of herbs to be used are please consult a medical or holistic practitioner**

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**Keep all products away from children.**

**As with any natural product, they can be toxic if misused.**

**Pete Sharpe Administrator**

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## **Herbal Remedies for acid reflux**

**Welcome to herbal remedies for acid reflux article from the herbal remedies solution website.**

### **herbal remedy for reducing phlegm**

**Chamomile : An anti-inflammatory, appetite stimulant, digestive aid, diuretic, nerve tonic, and sleep aid. Helps colitis, diverticulosis, fever, headaches, and pain. It is a traditional remedy for stress and anxiety, indigestion, and insomnia.**

**Caution: Should not be taken for a long period of time, as this may lead to ragweed allergy. Should not be taken by those allergic to ragweed.**

**Peppermint : Flower Tops Leaves - Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headaches, heart trouble, indigestion, nausea, and spasms.**

**Anise - Seeds - Aids digestion, clears mucus from air passages, combats infections and promotes milk production in nursing mothers. Good for indigestion and for respiratory infections such as sinusitis. Also helpful for menopausal symptoms.**

### **Tea For Digestive Problems**

**1oz. chamomile  
2/3 oz. peppermint  
1 oz. caraway seeds  
2/3 oz. angelica**

**Use 1 tsp of the mixture per cup of hot water. Steep the mixture 10 min. and strain.**

**This tea soothes the gastrointestinal tract and stimulates digestive activity, making it useful for stomachaches or a too-full feeling**

### **Heartburn Tea**

**1 tablespoon Chamomile  
1 table spoon Peppermint  
2 pods Star Anise**

**Boil pods for 5 minutes and steep the chamomile and peppermint in the Anise tea. Drink one cup every hour for two hours before bedtime.**

## **Herbal Remedies for Allergy Season : Herbal Tea for Allergy Season**

Welcome to herbal remedies for allergy season article from the herbal remedies solution website.

**Herbal remedies for allergy season description :**

**Nettle : Flowers, leaves, roots - A diuretic, expectorant, pain reliever, and tonic. Contains vital minerals that are essential in many disorders. Good for anemia, arthritis, hay fever, and other allergic disorders, kidney problems, and malabsorption syndrome. Improves goiter, inflammatory conditions, and mucous conditions of the lungs.**

**Peppermint : Flowering, Top Leaves - Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headaches, heart trouble, indigestion, nausea, and spasms.**

**Yerba santa : "Yerba mate" - Cleanses the blood, controls the appetite, fights aging, stimulates the production of cortisone, and tones the nervous system. Is believed to enhance the healing powers of other herbs. Useful for allergies, constipation, and inflammatory bowel disorders.**

**Eyebright : Used as an eyewash. Prevents secretion of fluids and relieves discomfort from eyestrain or minor irritation. Good for allergies, itchy/watering eyes, and runny nose. Also used to combat hay fever.**

**Lemongrass leaves : Has astringent and tonic properties. Good for the skin and nails.**

**Calendula : Flower Petals - A natural anti-inflammatory and skin soother. Also helps to regulate menstrual cycle and lessens fever. Useful for many skin disorders, such as rashes, and sunburn, as well as for neuritis, and toothaches. Good for diaper rash and other skin problems in small children.**

**Red Clover : Flowers - Acts as an antibiotic, appetite suppressant, blood purifier, and relaxant. Good for bacterial infections, HIV and AIDS, inflamed lungs, kidneys, liver diseases, skin problems, and weakened immune systems.**

**Lavender Flowers - Relieves stress and depression, and is beneficial for the skin. Good for burns and headaches, psoriasis, and skin problems.**

**Fennel Seeds : Used as as appetite supressant and as an eyewash. Relieves abdominal pain, colon disorders, gas, and gastrointestinal spasms. Useful for acid stomach. Good after chemotheraphy, and/or radiation treatments for cancer.**

### **Allergy Season Blend**

**Cool minty, citrus flavour to assist you with the discomfort associated with allergy season.**

**1 part nettle 1 part peppermint 1 part spearmint 1 part yerba santa 1 part eyebright  
1 pat lemongrass leaves 1 part calendula 1 part red clover 1 part lavender flowers 1  
part fennel seeds a pinch of stevia**

**Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes. Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.**

## **Herbal Remedies for Bones and Joint Pain : Herbal Tea Remedies**

### **Herbal remedies for bones and joint pain description :**

**White Willow Bark – Relieves pain. Good for headaches, backaches, nerve pain, toothaches, and injuries. Caution : May interfere with absorption of iron and other minerals when taken internally.**

**Catnip – Leaves : Controls fever. Aids digestion and sleep; relieves stress; stimulates appetite. Good for anxiety, colds and flu, inflammation, pain and stress.**

**Birch – Bark : Acts as a diuretic, lessens inflammation, and relieves pain. Good for joint pain and urinary infections. Applied externally, is good for boils and sores.**

**Flax – Seeds, oil from seeds: Promotes strong bones, nails, and teeth, as well as healthy skin. Useful for colon problems, female disorders, and inflammation.**

### **Herbal remedies for migraine head aches description :**

**St JohnsWort: Flowers leaves, stem - May help to inhibit viral infections, including HIV and herpes. Good for depression and nerve pain.**

**Valerian: Rhizomes, Roots - Improves circulation and acts as a sedative. Reduces mucus from colds. Good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual cramps, muscle cramps, nervousness, pain, spasms, stress, and ulcers.**

**Lavender flowers: Relieves stress and depression, and is beneficial for skin. Good for burns, headaches, psoriasis, and skin problems.**

**Juniper berries: Acts as a diuretic, helps to regulate blood sugar levels, and relieves inflammation and congestion. Helpful in treatment of asthma, bladder infection, fluid retention, gout, kidney, problems, obesity, and prostate disorders.**

### **Herbal Tea Recipe for Aches and Pain.**

**1 Tablespoon – White Willow Bark.**

**1 Tablespoon – Catnip**

**Put into a Tea ball and steep in boiling hot water for five minutes.**

**Drink as hot as you can stand it, then lie down for a nap.**

## **Herbal Remedies for The Common Cold : Herbal Tea for The Common Cold**

Welcome to herbal remedies for the common cold article from the herbal remedies solution website.

**Herbal remedies for the common cold description :**

**Elderberry : Flowers , inner bark, roots- Builds the blood, cleanses the system, eases constipation, enhances immune system function, fights inflammation, increases perspiration, lowers fever, soothes the respiratory tract, and stimulates circulation. Also has a powerful antioxidant properties. The flowers are used to soothe skin irritations.**

**Caution: Do not consume the stem of this plant. The stem contains cyanide, and can be toxic. Chamomile : An anti-inflammatory, appetite stimulant, digestive aid, diuretic, nerve tonic, and sleep aid. Helps colitis, diverticulosis, fever, headaches, and pain. It is a traditional remedy for stress and anxiety, indigestion, and insomnia.**

**Caution: Should not be taken for a long period of time, as this may lead to ragweed allergy. Should not be taken by those allergic to ragweed.**

**Licorice root : Cleanses the colon, decreases muscular spasms, increase fluidity of mucus in the lungs and bronchial tubes, and promotes adrenal gland function. Has estrogen and progesterone-like effects; may change the pitch of voice. Beneficial for allergy disorders, emphysema, fever, herpesvirus infection, hypoglycemia, and inflammatory bowel disorders. This improves intestinal cell life, and enhances microcirculation in the gastrointestinal lining.**

**Licorice Roots : Caution should not be used during pregnancy, or by persons with diabetes, glaucoma, high blood pressure, severe menstrual problems, or a history of stroke.**

**Slippery Elm : Inner Bark - Soothes inflamed mucous membranes of the bowels, stomach, and urinary tract. Good for diarrhea and ulcers and for treatments of colds, flu and sore throats. Also called moose elm, and red elm.**

**Peppermint : Flowering, Top Leaves - Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headaches, heart trouble, indigestion, nausea, and spasms.**

## **The Common Cold**

**1 1/2 tablespoons of Licorice root already brewed in a pot enough for two cups.**

**Elderberry tea bag**

**Chamomile**

**Steep the tea bag in the Licorice Root infusion and add in the Chamomile. This can be done in the coffee maker, but the Licorice brew must be cool enough to be cycled through the machine.**

**Soar throat**

**Licorice root**

**Slippery Elm**

**Peppermint**

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## **Herbal remedies for migraine head aches Tea**

**1 2/3 oz dried St Johns Wort**

**1 oz Valerian**

**1 oz Linden flowers**

**1/4 oz Juniper berries**

**Use 1 tsp of mixture per 1 cup boiling water. Steep 10 minutes & strain.**

## **Headache Tea**

**Lavender**

**Chamomile**

**Rosemary**

**Mint**

**Put a pinch of each herb in a coffee filter and place in your coffee maker. Wait a half hour before drinking this mix, this should make you tired so you can sleep your headache away.**



## **Herbal Remedies for Migraine Head Aches**

Welcome to herbal remedies for migraine head aches article from the herbal remedies solution website.

### **Herbal description :**

**St JohnsWort:** Flowers leaves, stem - May help to inhibit viral infections, including HIV and herpes. Good for depression and nerve pain.

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## **Herbal Remedies for Memory Improvement**

Welcome to herbal remedies for memory improvement article from the herbal remedies solution website.

**Herbal Remedies for Memory Improvement description :**

**Ginkgo Leaves :** Improves brain functioning by increasing cerebral and peripheral blood flow, circulation and oxygenation. Good for depression, headaches, memory loss, and tinnitus ( ringing in the ears). May relieve leg cramps by improving circulation. Beneficial for asthma, eczema, and heart and kidney disorders. Take for two weeks for best results.

**Gotu Kola :** Nuts, Roots, Seeds - Aids in the elimination of excess fluids, decreasing fatigue and depression, increases sex drive, shrinks tissues, and stimulates the central nervous system. Useful for cardiovascular and circulatory disorders, fatigue, kidney stones, poor appetite, and sleep disorders.

**Red Clover :** Flowers - Acts as an antibiotic, appetite suppressant, blood purifier, and relaxant. Good for bacterial infections, HIV and AIDS, inflamed lungs, kidneys, liver diseases, skin problems, and weakened immune systems.

**Peppermint :** Flower Tops Leaves - Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headaches, heart trouble, indigestion, nausea, and spasms.

**Rosemary :** Leaves - Fights bacteria, relaxes the stomach, stimulates circulation and digestion, and acts as an astringent and decongestant. Improves circulation to the brain. Also, helps prevent liver toxicity, and has anticancer and antitumor properties. Good for headaches, high and low blood pressure, circulatory problems, and menstrual cramps.

**Ginger Root :** Rhizomes roots - Cleanses the colon, reduces spasms and cramps, and stimulates circulation. A strong antioxidant. Useful for bowel disorders, circulatory problems, fever, hot flashes, indigestion, morning sickness, motion sickness, nausea, and vomiting. Can Cause stomach distress if taken in large quantities.

## **Memory Zest Blend**

**A mentally refreshing beverage, to help give you feelings of clarity and precision.**

**1 part ginkgo**

**1 part gotu kola and peppermint leaves**

**1 part red clover tops**

**1 part rosemary leaves**

**1 part ginger root**

**a pinch of stevia.**

**Place all herbs in a tea ball or bag, put in your nicest or most favorite cup or mug, and cover with boiling water. Steep for 10 minutes. Remove tea ball or bag, and add sugar, honey, sweetener, milk, cream or whatever, to taste.**

## **Herbal Remedies for Beautiful Skin**

Welcome to herbal remedies for beautiful Skin article from the herbal remedies solution website.

**Herbal Remedies for Beautiful Skin description :**

**Beauty From the Inside out!**

**Honeybush tea is a pleasant way to keep the body well hydrated with fluids. This herbal tea has many health benefits! Honeybush has nearly the same properties as Rooibos. It is caffeine free low in tannin, and very rich in antioxidants. It contains no additives, preservatives or colorants.**

**The mineral found in Honeybush are Potassium, Calcium, Magnesium, Sodium, Copper, Zinc, manganese Iron and fluoride. According to ongoing research Honeybush also contains Isoflavones & Coumestans, Xanthones, Flavones, all known to promote good health and are also known to help prevent certain cancers.**

**Honeybush has anti-spasmodic properties which means those with weak digestion can easily enjoy this tea. It has been a treatment for colic in babies .It also helps to relieve insomnia.**

**Green Tea : Leaves - Combats mental fatigue. May lower the risk of esophageal, stomach, colon, and skin cancer, and delay the onset of arteriosclerosis.**

**Caution : Should not be used in large quantities during pregnancy or while nursing. Persons with anxiety disorder or irregular heartbeat should limit their intake to no more than 2 cups per day.**

**Lemongrass - Has astringent and tonic properties. Good for the skin and nails.**

**Lavender flowers: Relieves stress and depression, and is beneficial for skin. Good for burns, headaches, psoriasis, and skin problems.**

**Irish moss : Aids in the formation of stools and is good for many intestinal disorders. Also used in skin lotions.**

**Aloe Vera : Pulp from inside of leaves - Applied externally, heals burns and wounds: stimulates cell regeneration, and has astringent, emollient, antifungal, and antibacterial properties. Good for AIDS and for skin and digestive problems.**

**Caution: Allergy though rare may occur in susceptible individuals. Apply small amount behind ear or under arm to see if rash occurs. Do not use if rash occurs.**

## **Herbal Remedies for Sleeping Disorders**

**Welcome to herbal remedies for sleeping disorders article from the herbal remedies solution website.**

**Herbal remedies for sleeping disorders description :**

**Hops : Berries, Flowers, Leaves - Good for anxiety, cardiovascular disorders, hyperactivity, insomnia, nervousness, pain, restlessness, sexually transmitted diseases, shock, stress, toothaches, and ulcers.**

**Lavender : Flowers - Relieves stress and depression, and is beneficial for the skin. Good for burns and headaches, psoriasis, and skin problems.**

**Rosemary : Leaves - Fights bacteria, relaxes the stomach, stimulates circulation and digestion, and acts as an astringent and decongestant. Improves circulation to the brain. Also, helps prevent liver toxicity, and has anticancer and antitumor properties. Good for headaches, high and low blood pressure, circulatory problems, and menstrual cramps.**

**Thyme : Berries, Flowers, Leaves - Eliminates gas and reduces fever, headaches, and mucus. Has strong antiseptic properties. Lowers cholesterol levels. Good for croup and other respiratory problems, and for fever, headache and liver disease. Eliminates scalp itching and flaking caused by candidiasis.**

**Sage: Leaves - Stimulates the central nervous system and digestive tract, and has estrogenic effects on the body. Reduces sweating and salivation.**

**Good for hot flashes and other symptoms of estrogen deficiency, whether in menopause or following hysterectomy. Beneficial for disorders affecting the mouth and throat, such as tonsillitis. In tea form, can be used as a hair rinse to promote shine and growth. Also, used to dry up milk when women wish to stop nursing.**

**Caution: Interfers with Iron absorption. Should not be taken by individuals with seizure disorders.**

**Valerian Root: Improves circulation and acts as a sedative. Reduces mucus from colds. Good for anxiety, fatigue, high blood pressure, insomnia, menstrual cramps, muscle cramps, pain, spasms, stress and ulcers.**

**Before taking any herbal remedies for sleeping disorders, consult your physician or review the Natural Herbal Remedies report offered at Herbal Remedies Solutions Home Page :**

**<http://www.herbal-remedies-solutions.com>**

#### **Sleep Tea Recipe**

**2 tbls. Hops**

**1 tsp. Lavender**

**1 tsp. Rosemary**

**1 tsp. Thyme**

**1 tsp. Mugwort**

**1 tsp. Sage**

**1 Pinch of Valerian Root**

**Take a teaspoon of the mixture and pour into 1 cup of hot water. Let sit for 3 minutes then strain. Store the unused portion.**

#### **Hops Sleep Blend**

**2 ounces Hops, dried**

**2 ounces of chamomile, dried**

**1/2 ounce Eucalyptus leaves, dried**

**1 ounce Lemon Balm**

**1 ounce Orris Root powder**

**3 drops Lemon Balm essential oil**

## **Herbal Remedies and pregnancy**

**Licorice Roots :** Caution should not be used during pregnancy, or by persons with diabetes, glaucoma, high blood pressure, severe menstrual problems, or a history of stroke.

**Benefits -** Cleanses the colon, decreases muscular spasms. Beneficial for allergic disorders, asthma, depression, emphysema, fever, and inflammatory bowel disorders.

**Dandelion :** leaves, roots, tops - Cleanses the bloodstream and liver, and increases the production of bile. Used as a diuretic. Also reduces serum cholesterol and uric acid. Improves function of kidneys, pancreas, spleen, and stomach. May aid in the prevention of age spots and breast cancer.

**Ginger Root :** Rhizomes roots - Cleanses the colon, reduces spasms and cramps, and stimulates circulation. A strong antioxidant. Useful for bowel disorders, circulatory problems, fever, hot flashes, indigestion, morning sickness, motion sickness, nausea, and vomiting. Can Cause stomach distress if taken in large quantities.

**Cinnamon :** Bark - Relieves diarrhea and nausea; counteracts congestions; aids in circulation of the blood. Warms the body and enhances digestion. Useful for digestive problems, diabetes, weight loss, yeast infections and uterine hemorrhaging. Caution do not use in large amounts during pregnancy.

**Dong Quai Root :** Increases the effects of ovarian and testicular hormones. Used in treatments of problems such as hot flashes and other menopausal symptoms, premenstrual syndrome, and vaginal dryness.

**Herbal Tea Remedies for menstrual problems, fertility and childbirth.**

**3 tablespoons** sassafras bark

**2 tablespoons** dandelion root

**1 tablespoon** ginger root

**½ tablespoon** cinnamon

**1 tablespoon** licorice root

**½ tablespoon** orange peel

**1 tablespoon** pau d'arco

**¼ tablespoon** dong quai root

**1 tablespoon** chaste berry

**1 tablespoon** wild yam

**Forests Tea (formerly Lung)**



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