



A BEGINNER'S GUIDE FOR MEDICINAL HERBS

*Improve Well Being, Reduce Pain,
Inflammation & Anxiety*

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Medicinal Herbs

Have you ever thought that you could take some magic potion in order to ensure your headache gets alleviated? It is even possible you want to relax after having a stressful day in your office. There is an herbal tea which is referred to as tisanes. This is as close to any potion as you will ever come across. It doesn't only come in different flavors but also can perform different functions.

For instance, horehound tea which is old – fashioned can be perfect for sore throats and colds. Elder tea seems to have the taste and smell of lilacs. It can be helpful to those who have got skin problems as well as are asthmatic. Sassafras tea that is spicy can be very perfect when it comes to spring tonic. If you want to use tea that is delicious as compared to those ones which are caffeine – plagued or contain tannic acid, assorted teas can be tried out. These could be apple, licorice or lemon. They should be served hot during the winter or fall. They can also be iced during hot seasons such as summer. You can use honey to sweeten them if you want.

If you want to get yourself introduced to herb teas, get various types of teas purchased (a quarter-ounce). Once they get purchased at the shop, ensure that they are well – labelled. This will enable you to know what each and every one of them is by the time you reach your home. Tea bags is what majority of herb teas will come in.

Common sense should be used whenever getting herbs consumed just as you do for medications. Initially, avoid overdoing your beverage mixture's strength or even the quantity which you will be drinking.

Getting Herb Tea Prepared

To making use of loose herbs, a strainer or tea bob will be needed. You also need proclaim container (one with lid that is tight – fitting) or glass. Herb mixture or herb's teaspoon should be added to a cup or glass of boiling water as well as get steeped in a container. This should be for about 5 minutes. If you are using just a cup, cover using a saucer as you are brewing. Don't make use of metal teapots that don't have linings like those that contain aluminum. This is due to the fact that the metal braces can have the herbs contaminated.

For a tea that is iced, about 4 – 8 herbal teaspoons of cold water inside glass container can be used. It should be kept in the sun for about 2 hours. Just serve and relax.

Infusions are gotten from herbal leaves and flowers which do get their volatile oils released. Dried herbs (one teaspoon) should be crushed for each water cup after which you will put inside a tea cup with an added teaspoon. Boiling water should be poured on the herbs. After that, let it stand for about 5 – 15 minutes until when it gets to its desired strength.

Every seed, root and a few herbs' leaves such as bee balm, lemon balm, and horehound will have to get boiled. This will enable their volatile oils get extracted. For a decoction to be made, the seeds or roots should be crushed. Allow a teaspoon for every cup of water as well as one for such pot. The herb should be boiled for about 15 – 20 minutes inside a proclaim container or glass. Bark, seeds and roots sassafras will get percolated successfully such as coffee. In the process of getting herbs prepared, decoctions are always vital.

For a hot blast that is real, get your teapot heated prior to getting boiling water added for the purpose of infusion. Alternatively, it can be poured inside a decoction.

ALFALFA

The leaves and seeds of this wonderful herb contain vitamins K, E, D and K. Essential minerals are known to mostly come from Alfalfa. Apart from this, it has been discovered to contain about 8 enzymes thereby bringing a grassy tisane which is mild.

ANGELICA

It used to be referred to as the Holy Ghost's roots. Not only does it have the heart strengthened as it can also ensure the digestive tract is sweetened.

BERGAMOT

This is also referred to as Oswego. Native Americans were the first to make use of this tea in the Eastern part of US. It is orange – scented and slightly bitter in taste. It has been known to help in cases related to stomach upset.

BORAGE

The leaves are cucumber-flavored and can be very perfect for iced tea. It contains lots of potassium and calcium. It can help in getting the milk supply for those who are nursing mothers increased. It can help in cases related to depression or nervous breakdown.

BURDOCK

This herb is superlative in lots of regards. Such is the reason why Pechey decided to do lots of write-ups on it. It can help in lots of ways such as weight loss and cleansing of blood. You can get the root which is dried bought or the plant that is a year old dug. If you can have it identified, you will see that it grows everywhere.

CARAWAY

For these savory seeds to be enjoyed, get the bruised using a mortar as well as pestle. Make a decoction that is tonic – like. Tea should be made use of as a mouthwash. Please note that this should not be used by

someone that is pregnant. Menstruation can be encouraged by the seeds.

CATNIP

This is the remedy for colds that are feverish. It can also help to get rid of insomnia, nervous headaches, and different types of ills and aches. It can be used on a daily basis.

CHAMOMILE

This is brew that is golden – colored as well as apple flavored. Egyptians made use of this to have skin ageing prevented. It is popular amongst those women who are experiencing problems related to menstruation. One thing about Chamomile is the fact that it isn't suitable for everyone since there are those who are allergic to its consumption. Just get a brew that is weak tried out once you aren't sure. Observe the way that you feel. As time goes on, the amount you consume should be increased.

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