



# Herbal Tea: Your Practical Guide to Herbal Tea Remedies for Detox, Immunity, Stress Relief and Well-Being

*Ingrid Sen*

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## **LEARN HOW TO MAKE YOUR OWN HERBAL TEAS FOR HEALTH, HEALING AND DETOX TODAY**

'Herbal Tea' looks to the bountiful elements of the earth, all the beautiful herbs, flowers, and leaves, for medicinal properties, relief from indigestion, reduced anxiety, and a better immune system. Each recipe in this book offers incredible, layered flavour. It turns to both familiar and unfamiliar herbs, introduces the incredible, hidden properties released behind each of the leaves, each of the flowers, and helps you better understand how you can incorporate them into your lifestyle. Understand that turning back toward the "root" of medicine—to the historical nature of Greek and Roman and Ancient Asia-based herbal teas—revokes the chemically-altered medicinal nature of today's over-the-counter relief. Choose the natural way and fight the good fight with a warm cup of tea in your hands.

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