

Herbs and Teas

for Overall Health & in Times of Need

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Herbs and Teas for Overall Health & in Times of Need



Herbal teas are a staple in some holistically-minded homes and practices. Herbal teas engage our senses and bodies in many ways. The heat of the cup can feel comforting, and drinking the tea can also be soothing and pleasant. However, another way to experience the benefits of these herbs, which could be potentially more effective, is through encapsulated herbal supplementation.

Herbs can provide us with an array of internal physical benefits. For example, many herbs have anti-inflammatory properties and antioxidants, making them more than just the main component of a warm and relaxing drink. If you're interested in integrating herbs into your daily routine or want to support yourself holistically when issues arise, read this article to learn about the benefits and properties of herbs and their most frequent uses.

Herbs for Daily Support

Health practices work best when they become routine. The herbs listed below may provide an additional way to support yourself and your wellness goals on a daily basis. It's important to note that many of the studies support the benefits of herbs but note the efficacy of these herbs is lower when used in teas. Prepared supplements often contain higher concentrations of herbs, but you may discover that teas made from the following herbs can also provide the benefits you seek. Trying a variety of these teas or selecting a supplement with the guidance of an herbalist can help you determine what works best for you.





1. Turmeric/Curcumin

Turmeric contains curcumin, a powerful compound with many benefits. You can use this herb as a spice in dishes. However, to get the most benefits, you may consider taking a curcumin supplement containing “black pepper” or “piperine,” which helps increase the absorption of the active component into the

bloodstream. Curcumin has anti-inflammatory properties and is an antioxidant. Curcumin can support brain health, joint health, and heart health. It can also slow the aging process and fight chronic diseases related to aging.

2. Cinnamon

Cinnamon, a classic fall spice, can also help support your body in numerous ways. Cinnamon contains antioxidants and has anti-inflammatory, anti-fungal, antiviral, and antibacterial properties. Cinnamon can help improve cholesterol, acne, and blood sugar regulation. It can also support heart health and brain health. If you're interested in trying cinnamon supplements, look for what is known as “true” cinnamon. True cinnamon, called Ceylon cinnamon, is less harmful in large doses than common cinnamon, also known as Cassia cinnamon.

3. Rosemary

Rosemary comes from an evergreen shrub. One of the pronounced benefits of rosemary is its ability to support the immune system by reducing the risk of infection and helping the body fight infection. Rosemary contains antibacterial, antifungal, and antiviral properties. Rosemary can also help reduce anxiety and stress as well as help promote better sleep quality. The nutrients in rosemary can also support eye health, assist in regulating liver function, and reduce the risk of asthma. Rosemary should be avoided if you're pregnant because of its known ability to stimulate menstrual flow.

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3. Black Tea



Black tea is created from the leaves of the herbal shrub *Camellia sinensis*. After water, black tea is the most consumed drink worldwide. It is also a great substitute for coffee and contains less caffeine, a substance that can improve focus. The maximum recommended daily caffeine consumption is 400 milligrams, and there are 50-90 milligrams of caffeine per cup of black tea. However, it's important to consider how much caffeine you consume from other sources as well.

Black tea also has a variety of health-promoting properties. It contains antioxidants and also supports heart health. Black tea has been shown to promote gut health, healthier blood pressure, and blood sugar control. Lastly, one study found that people who drink two cups of black tea each day lowered the risk of death from any cause by 13%. However, the study states that the correlation with reduced risk of death was most associated with tea drinkers who did not add milk or sugar to their tea.

The following teas have historically been used to help address specific symptoms or other concerns. More research is needed to determine the efficacy of teas versus supplementation, but your healthcare team can assist in deciding if they are right for you in either form.

Cough

- Echinacea Tea
- Rooibos Licorice Tea
- Iceland Moss Tea
- Linden Flower Tea
- Honeybush Tea
- Marshmallow Root Tea

Pain

- Lemongrass Tea
- Sage Tea
- Turmeric Tea

Nausea and Upset Stomach

- Ginger Tea
- Licorice Tea
- Yarrow Tea
- Calendula Tea

Fatigue

- Yerba Mate Tea
- Black Tea

Sleep

- Chamomile Tea
- Passion Flower Tea
- Ashwagandha Tea
- Valerian Root Tea

Proper Elimination

- Peppermint Tea
- Fennel Tea
- Barley Tea

Conclusion

The benefit of reaching for herbs in times of need is convenience and ease of use. Herbal teas can also provide a multisensory experience that can help you to feel comforted. Not only can teas taste great, but they can also help you take a moment to practice self-care to support common issues and overall health. It's important to remember that supplements are typically higher in dosage. This means you need to exercise caution when using them, especially if you have pre-existing conditions. Always follow the manufacturer's instructions, and talk to your healthcare provider or an herbalist before beginning a daily regimen of any supplement to ensure that they are safe and appropriate for you.

For more information about ways to support yourself holistically, consider enrolling in our Certified Natural Health Professional program or our Certified Master Herbalist program. Call 800-428-0408, option 2, to speak with an Enrollment Specialist or visit our website at trinityschool.org/programs/list to learn more and enroll.



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