

Natural Healing Express Weekly

Column Volume 46 Healthy Teas

After finishing up our in depth series on emotional healing, I figured it would be a good time to chat about some easy to read health tips that require little or no effort! So, how about some healthy tea recipes? With the insane heat we have been braving, let's begin with an ice tea which is my answer to the Starbucks brand of Very Berry. For roughly the same cost as three servings, you can get 3 whole boxes which is approximately 48 servings.

Here's our blend:

Needed: 1 box of Raspberry Tea, 1 box of Organic Green Tea, 1 canister of Hibiscus Tea (available at Natural Healing Express)

Steep 2 teabags raspberry, 2 teabags Green Tea and 1 teabag Hibiscus in normal size teapot. Or you may use a regular pot if no teapot available. Steep this blend for 5 minutes. Place a handful of raspberries on the bottom of 1 quart pitcher, pack with ice. Pour tea blend over the ice and stir. If necessary, you can add a little water to fill. Let pitcher stand 5 minutes and serve. This iced tea is simply delicious and the blend is anti-oxidant and anti-inflammatory. It can help with strengthening and toning of reproductive organs and it's possible to gain better digestion. Plus it tastes great.

Another awesome iced tea is our Pomegranate Green Tea. Same recipe as above applies; there are just difference contents in the tea bags. Pomegranate is a super fruit and also a super food. It is also a powerful anti-oxidant.

New teas to our store are the 19 Organic Rooibos-based wellness herb teas. Most can be served either hot or cold and still have the same effects. For rest, we have the infamous "Get some zzz's" tea which promotes sleep, calmness and helps to reduce anxiety and stress. This is a calming brew of chamomile, passionflower and valerian. We also carry "Get Lost" which helps to curb a sweet tooth and control cravings which is a blend of banana leaf, cinnamon and carob. Ideally, this helps with weight reduction as well.

Three of our best sellers are "Get Happy" which helps to raise the spirits, elevate mental and physical stamina and reduce stress. This is a blend of calming lemon balm, St John's Wort and Rhodiola. "Get Smart" earns second place on the podium for increasing focus, also sharpening memory and concentration. This blend is made of Rosemary, Gingko, Eleuthero and Gotu Kola.

"Get Gorgeous" is a great friend to your complexion blending organic rooibos, chamomile and orange peel. This creates anti-oxidants which protect the skin from free radical damage. For those of you having more complex issues, this is a calming blend that can help to stabilize hormonal balance.

We have a host of other delicious and therapeutic teas available at our store locations. For those of you who have driven by our Lena location over the past month or so, you may have noticed that our 100 year old building is getting quite a new look. Or maybe better stated, a new "old" look. Nonetheless, it is

beginning to shape up quite nicely and we appreciate all of you who have been patience with the construction process. We are so thankful for your loyalty. Upon completion, customers will be able to sit outside on our new bistro tables and enjoy beverages.

Have a great week! We look forward to seeing you soon.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

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