

Natural Healing Express Weekly

Column Volume 47 Healthy Teas Part Two

This week we'll continue on with our Healthy Teas "mini-series" if you will. Last week we talked about the Get Lost, Get Gorgeous, Get Some ZZZ's and Get Happy Rooibos based teas. This week we'll chat about a few more teas in that family, along with one from the Performance based line.

First off is Get Smart. Get Smart is a tea blended primarily to help with memory/focus. I will mention that again for those of you potentially needed this tea. It is a brilliant blend of rosemary with ginkgo, eleuthero and gotu kola. All herbs which are said to improve memory and concentration. It tastes kind of like a fruity cranberry with a zing of orange. Again, this tea is to help with memory/focus.

Next we offer Get Relaxed. Get Relaxed is blended with lavender and rose petals, chamomile and passionflower. It also contains the stress eleuthero root. This tea helps to diminish muscle tension, stress and fatigue. Also, the aromatherapy contributes to a state of calm. It tastes sweet with a hint of lavender and rose.

Get Heart is a tea blended specifically for heart health. It contains Hawthorne and blueberry leaves. This dynamic duo is a great antioxidant and contains bioflavonoids. This tea has a ripe berry flavor.

Get Maternal is our tea for pregnant and new moms. This tea is caffeine free, helps to lessen water retention, tone uterine muscles and ease nausea. It tastes like a blend a citrus and mango with a nip of spicy ginger.

Get Passionate is our tea for the libido. This blend contains exotic muira puama bark and ashwagandha root; both of which invigorate a lagging libido. It has a lemon flavor with a hint of exotic passion fruit. * We do offer a two pack discount on the Get Passionate and Get Maternal teas.

Get Young is our tea for longevity. Anti-aging BioVin Advanced, jiaogulan, hibiscus and resveratrol all aid in keeping the body healthy and turning back the hands of time. This tea helps to increase endurance and energy, helps to reduce stress and the antioxidants help to protect from free radicals. It tastes like a red wine grape with tart/sweet flavors of ripe berries and hibiscus.

Get a Grip is our tea for helping with PMS/Menopause. This herbal tea contains soothing chaste berry and black cohosh. It helps to alleviate the symptoms of PMS and Menopause, eases constipation and cramping and can take the edge off a blue mood. This is a smooth tea with a honey taste and hints of chicory and licorice.

Get Clean is our tea for helping to detox the body. It contains milk thistle, dandelion and burdock roots. This assists the body in expelling toxins. It also contains cleansing properties that encourage healthy digestion and a blend of herbs that help to balance metabolism. This tea tastes like sweet vanilla and almond.

Get Charged is our tea for energy. It contains eleuthero, Chinese ginseng and ashwagandha root. This tea aids in increasing energy, helps with focus and stamina and can relieve stress. This tea has a fruity tone with a blueberry flavor.

Our favorite in the Performance line is called Get Burning. This herbal blend helps to rev up your internal engine by increasing metabolism and aiding in resistance to stress. It has an organic green rooibos taste with holy basil and cordyceps. This is a tart super fruit with a tangy sweetness.

All teas are available at the Lena Natural Healing Express by the canister. Most of the time on Saturday we hold tastings so you can try one before purchasing if desired.

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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