

SUSAN CLEMENTS
EARTH & OCEAN
HERBALS AND WELLNESS
NORTH KINGSTOWN, RI
401-369-4297
www.earthoceanherbals.com

WINTER BLAH TEA RECIPES

LIFT ME UP TEA

Holy Basil 1 part
Lemon Balm 1 part
Oat straw (or seed) 1/2 part

ZZZZZZZZ

Passionflower 1 part
Skullcap 1 part
Linden flower 1/2 part
Oat straw or seed 1/2 part
Chamomile 1/4 part
Peppermint or spearmint (1/4) part

Mix all herbs together. Use 1 tbsp per cup

C CLEARLY

Rose hips 1 part
Hibiscus 1 part
Organic orange peel 1 part
Cinnamon 1/2 part
Lemongrass 1/2 part
Ginger 1/4 part
Honey to sweeten to taste

RAISING THE IMMUNITY BAR

Echinacea 1 part
Elderberry 1 part
Eleuthero 1/2 part
Ginger 1/4 part

