



the herbal tea company



THE COLLECTION

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HERBAL TEA

herbal tea preparation

Herbal tea looks like tea and is brewed in the same way as tea, but it not actually a tea at all. This is because they do not come from the Camellia Sinensis bush, the plant from which all teas are made. Herbal teas are actually infusions, and are properly called tisanes. Tisanes are made from mixtures of dried leaves, seeds, grasses, nuts, barks, fruits, flowers, or other botanical elements that give them their taste and provide the benefits of herbal teas. Unlike other forms of tea, herbal teas contain no caffeine. They also taste great and are easy to drink. Your herbal tea may consist of one main herbal ingredient or it may be a blend of herbal ingredients, designed to bring about a specific purpose, such as relaxation, rejuvenation, relief from a specific condition, amongst other things.

Noted Benefits of Herbal Teas

Firstly, it is important to note that there is a huge array of herbal teas available on the market – each one designed to have a specific therapeutic or medicinal benefit. However, there are some general benefits that can be obtained from herbal teas, and these include:

- Achieving a more calm and relaxed state of mind
 - Supporting heart health
 - Aiding with stomach and digestive problems
 - Providing cleansing properties for the body
 - Promoting energy and wellness
 - Nourishing the nervous system
 - Strengthening the immune system
 - Providing antioxidants to the body
 - Boosting energy levels and invigorating the body
 - Relieving stress
 - Helping to avoid colds
 - Stimulating the internal organs
 - Promoting a good night's sleep
 - Caffeine free and tastes great
- Some Common Herbal Tea Ingredients

Preheat the teapot

It is important to preheat the pot or cup in which the tea will be steeped. If hot water is poured into a cold vessel, the temperature of the water will drop too quickly and the full flavor of the tea will not be extracted. To preheat the pot: pour a little of the boiling water from the kettle into the pot and then pour this water off into the drinking cups to warm them.

Measure the appropriate amount of dry leaves

Ideally, 3 grams of dry leaves should be used for every 3/4 of a cup of water. Since you may not have a gram weight scale, we recommend starting with one rounded teaspoon of dry leaves for each 3/4 cup. Since different teas have widely varying weights, it is important to adjust the amount of dry leaves accordingly. With lighter weight teas such as large, wiry oolongs and whites, try 2 teaspoons per 3/4 cup of water.

Select the right water temperature

When you are making your herbal tea, use fresh, cold water. Do not use aluminium cookware as it can affect the taste. Use glass, cast iron, or stainless steel where possible. A tea strainer is very helpful as it lets you create your own blends of teas or herbs, and stops the leaves and flowers from escaping into the drink.

Once the water has boiled, add one heaped teaspoon of herbs for every cup of water. Cover and let the herbs steep for ten minutes. Do not over-steep the herbs as the flavour may become too strong and taste more medicinal rather than pleasant. If you want to enhance the flavour of your tea, honey or lemon can be great choices. Don't let the water boil too long or the oxygen content will be reduced and the tea will taste flat. For herbal infusions leave to steep for 5-10 minutes.



CHAMOMILE FLOWER

loose leaf herbal tea

Chamomile is an herb that comes from a flowering plant from the daisy family. Both the fresh and dried flowers of chamomile have been used to create teas for centuries to cure a number of health problems. The active ingredient in chamomile essential oil is known as bisabolol, which has a number of anti-irritant, anti-inflammatory, and anti-microbial properties.

What are the Benefits of Chamomile?

Chamomile can be used topically or orally to treat a number of everyday ailments, such as:

- Insomnia and other sleep disorders
- Anxiety and Panic Attacks
- Muscle twitches
- Wounds, burns, and scrapes
- Skin conditions such as psoriasis, eczema, chickenpox, and diaper rash
- Stomach problems such as menstrual cramps, stomach flu, and ulcers

Uses of Chamomile

Home Remedy for Stomach Cramps

Chamomile has been found to contain fairly strong antispasmodic and anti-inflammatory constituents. Therefore, it has been found to be effective in treating stomach and intestinal cramps. Simply prepare a cup of Chamomile tea following the directions on the package and drink it twice a day until while symptoms are present (one cup first thing in the morning, and one in the evening).

Home Remedy for Insomnia

Chamomile is wonderful remedy for sleep disorders such as insomnia. Simply make a chamomile tea 30 to 45 minutes before going to bed to treat sleeplessness.

Home Remedy for Irritable Bowel Syndrome (IBS)

Chamomile reduces cramping and pain in the bowels and also helps to relieve excessive gas and bloating in the intestines. Therefore, a simple remedy is to drink a cup of chamomile tea to help relieve irritable bowel syndrome, nausea, and gastroenteritis or stomach flu.

Home Remedy for Migraine Headaches

Chamomile is a wonderful cure for migraines. Take a cup of tea when you start noticing the symptoms of a migraine headache. It works best if you take it before the headache actually gets severe.

Home Remedy for Premenstrual Syndrome (PMS) and Menstrual Cramps

Drinking chamomile tea has been found to be beneficial in treating PMS and Menstrual Cramps.

Using Chamomile to Treat Burns and Scrapes

Chamomile oil is very useful in treating bad burns. Simple rub a small amount of oil gently across the burned area once a day. For scrapes and burns you can also brew a strong concoction by adding 3 tea bags to one cup of boiling water. When the water cools, dip a cloth into it and use it as a compress on the wounded area.

Lightening Skin Using Chamomile

Chamomile has been found to be advantageous for lightening your skin tone. Simply bring two quarts of water to a boil with 2 chamomile tea bags in it. Then place your face above the steaming pot of chamomile tea. A bath in water mixed with chamomile tea works too.

Reducing Dark Circles Around Eyes

Chamomile tea has been found to help relieve eye fatigue and dark circles. A simple remedy is to dip 2 chamomile tea bags in warm water. After 5 minutes, remove the tea bags from the water and let them cool to room temperature. Then place them on your eyes at night as a compress.

Directions for use:

Chamomile has been found to be advantageous for lightening your skin tone. Simply bring two quarts of water to a boil with 2 chamomile tea bags in it. Then place your face above the steaming pot of chamomile tea. A bath in water mixed with chamomile tea works too.

Store your tea in a tightly closed container in a dark and cool cabinet.



HIBISCUS FLOWER

loose leaf herbal tea

Hibiscus (Hibiscus sabdariffa) is a plant said to offer several health benefits. Believed to be native to Africa, hibiscus is often used to make herbal teas (also known as "infusions" or "tisanes"). Although few scientific studies have tested the health benefits of hibiscus, early research suggests that hibiscus tea or hibiscus extract may offer antioxidant effects and enhance cardiovascular health.

What are the Benefits of Hibiscus Flower?

Vitamin C Content

Contrary to what many people think, vitamin C doesn't prevent against the common cold. However, it may reduce the duration of illness. Vitamin C is also a strong antioxidant, which means that it protects from the damaging effects of free radicals.

Reduce High Blood Pressure

Studies done at Tufts University of Boston show that drinking three cups of hibiscus tea each day lowers blood pressure by an average of 7 points (after six weeks).

Another study (by researchers from Department of Nutrition, Faculty of Health, Shahid Sadoughi University of Medical Sciences in Yazd, Iran) shows that drinking the tea from hibiscus has positive effects on blood pressure in type II diabetic patients with mild hypertension.

Diuretic Properties

Diuretics are used to treat hypertension, cirrhosis and certain kidney diseases. Since diuretics increase the excretion of water from body, hibiscus tea also aids in weight loss.

Weight loss

Hibiscus tea has zero calories (if it isn't sweetened) and is caffeine-free. It may increase satiety and it's a diuretic so it aids in weight loss. The fruit acids in hibiscus may work like a laxative. Consuming the tea after the meal helps in breaking down starch and sugar which eventually aids in fat loss.

Maintain healthy cholesterol levels and lowers the risk of heart disease

Hibiscus flower lowers both LDL cholesterol levels and the risk of heart disease. Read more about hibiscus tea and heart health.

Contains Antioxidants

The tea from hibiscus contains antioxidants which protect against the development of cancer and may help prevent heart disease. Moreover, as mentioned before, antioxidants protect from the damaging effects of free radicals.

High in electrolytes

Since hibiscus is high in electrolytes such as chloride, magnesium, potassium and sodium, the tea can be used to replenish electrolytes in the body after exercise. Without electrolytes, you wouldn't survive!

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CALENDULA FLOWER

loose leaf herbal tea

Calendula Tea Benefits have been quite known especially to American physicians, applying the herb to treat bruises, cuts and minor skin infections. Also called 'marigold', the calendula is an orange or yellow-colored flower typically found in northern Mediterranean countries. Calendula has a tendency to bloom once a month or every new moon.

Calendula has the following components: calendulin, beta-carotene, other carotenoids, isoquercitrin, narcissin, rutin, amyirin, lupeol, sterols, and volatile oils. The calendula flowers also contain complex polysaccharides with immunostimulant properties.

Health Benefits of Calendula

Anti-Inflammatory

Calendula Tea is thought to be anti-inflammation and anti-bacterial. Calendula Tea can be stored in the refrigerator and be used as a soothing skin treatment. It can be swabbed directly on inflamed skin (acne, hemorrhoids, etc.)

Treatment of Infections

Calendula Tea can be used as aid for many types of inflammations and is also thought to be immuno-stimulant. Calendula is helpful for ear infections, may help in treatment of conjunctivitis and Calendula Tea may be gargled to help relieve sore throats and inflammations of the mouth.

Detoxification

Calendula Tea may help detoxify the body after an operation and may help stimulate the production of collagen.

Gastrointestinal Disorders

Calendula Tea may be beneficial to those suffering from gastrointestinal disorders. Calendula may protect the stomach and intestine linings of the stomach and intestines by inhibiting the prostaglandin E1 (PGE). Calendula Tea also may help limit the effects the bacteria associated with gastritis, peptic ulcers, and stomach cancer.

Menstrual Cycles

Calendula Tea may help regulate the menstruation cycle.

Directions for Use

Calendula Tea is made by steeping dried calendula flowers in boiling water for about 5 minutes.

Store your tea in a tightly closed container in a dark and cool cabinet.

SAGE LEAF

loose leaf herbal tea



Sage tea benefits have been well-known in much of the Mediterranean and Asia, though awareness to these have been slowly creeping in America and the rest of the world. Sage is an herb that is most commonly used as an infusion, extract, tincture, poultice and spice. The oil from sage can be used as a carminative or a stimulant

Health Benefits of Sage Tea

Medicinally, sage tea has traditionally been used for inflammations of the mouth, throat and tonsils, as its volatile oils soothe the mucous membranes.

The infusion made strong, without the lemons and sugar, can also be used as a lotion for ulcers and to heal raw abrasions of the skin. It has also been popularly used as an application to the scalp, to darken the hair.

Dental

The fresh leaves, rubbed on the teeth, will cleanse them and strengthen the gums. Sage is a common ingredient in tooth-powders. Sage tea can be used as medication for sore throat, mouth sores and mouth ulcers.

Neurological and Nervous Systems

Among the other health benefits that are believed to be derived from Sage tea or infusion of Sage include the following:

Sage tea is a remedy in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases; Sage tea is considered a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally. Sage tea is considered a useful medicine in typhoid fever.

Kidney and Liver

Sage tea is considered an agent in fighting liver and kidney troubles. Sage tea combats hemorrhage from the lungs or stomach.

Common Colds and Measles

Sage tea is used to fight colds, sore throat and quinsy and measles.

Joint and Muscle Pain

Sage tea can be used for pains in the joints, lethargy and palsy.

Perspiration

Sage tea can also help check excessive perspiration.

Directions for Use

Sage Tea can be made simply by pouring 1 pint of boiling water on to 1 oz. of the dried herb, the dose being from a wineglassful to half a teacupful. The result is a pleasant drink, cooling in fevers, and also a cleanser and purifier of the blood. Half an ounce of fresh Sage leaves, 1 oz. of sugar, the juice of 1 lemon, or ¼ oz. of grated rind, are infused in a quart of boiling water and strained off after half an hour.

Store your tea in a tightly closed container in a dark and cool cabinet.



CHAI SPICE TEA

kibbled spice for tea

Chai tea benefits have been known for quite a long time. The beginnings of chai tea can be found in the annals of Indian Ayurvedic medicine some 5,000 years ago. It belonged to a healing system that relied on spices, herbs and sweeteners to cure various ailments.

Health Benefits of Chai Spice Tea

The health benefits of chai tea are the result of the individual benefits of its component herbs and spices. The following are the health benefits attributed to chai tea:

Sore Throats and Cold Symptoms

Chai tea may help ease sore throat. It may also help alleviate cough and cold symptoms and may help enhance the immune system. The Cloves in Chai tea derived from dried, unopened buds of a dense evergreen are believed to invigorate and restore, helps generate heat in the body; useful during the cold/flu season.

Digestive Process

Chai tea may help ease the digestive process and relieve gastrointestinal distress. Cinnamon helps to calm the stomach and combat nausea and diarrhea. The spices found in Chai are a Laxative, antispasmodic, carminative (prevents formation of gas), antifatulent can be a remedy for dyspepsia, diarrhea, stomachic (serves to tone the stomach, improves function and increases appetite). Stimulant and carminative; stomachic, antibilious (removes excess bile), digestive stimulant Stimulant and carminative; stomachic and astringent; useful dyspepsia and diarrhea, anti-microbial, vermifuge (expels intestinal worms), diuretic.

Nervous System

Chai tea is thought to help calm the system and is also a mood elevator. Cardamom stimulates the mind and gives clarity. Chai Spice acts as an antispasmodic and can aid in treatment of dyspepsias such as mild, spastic gastrointestinal afflictions, fullness and flatulence.

Bacterial Infections

Chai tea may help fight bacterial infection and has been shown to possess diuretic, choleric (bile-producing), pain-reducing, fever-reducing, and antimicrobial actions. It also reduces bad breath.

Cholesterol and Cardiovascular Health

Chai tea may help contribute to a healthy cardiovascular system and lowers cholesterol.

Cancer

Chai tea may help in the protection against cancer and other diseases associated with free radical damage.

Body Aches and Pains

Chai tea may help reduce body aches.

Directions for Use

Place one heaped teaspoon of chai per person and one for the pot in a saucepan or kettle with 1/3 milk and 2/3 water. (Allow a little extra for evaporation and amounts can be varied to suit personal tastes.)

Bring gently to the boil and then turn the heat down to low and simmer for 5 to 10 minutes to allow the spices to infuse. Milk may burn if the heat is too high. Be sure to brew at only a low temperature. Strain into a cup and then add honey or sugar to suit.

Store your tea in a tightly closed container in a dark and cool cabinet.



FENNEL SEED

loose leaf herbal tea

The Fennel herb is a traditional element of Chinese, Arab, Indian and Western pharmacopoeias. It had been such due to the observed health benefits that it had imparted over the centuries.

Health Benefits of Fennel Seed

The following are some of the health benefits that fennel tea has been observed to possess:

Digestion

Fennel was formerly an official drug in the United States and was listed as being used for indigestion. The main active constituents of fennel, which include the terpenoid anethole, are found in its volatile oil. Anethole and other terpenoids may have mild estrogen-like activity, which inhibit spasms in smooth muscles, such as those in the intestinal tract.

Respiratory

Fennel tea can fight catarrh of the upper respiratory tract.

Pregnancy

For pregnant women, Fennel tea helps in stimulating milk flow.

Spasms

Fennel tea acts as an antispasmodic. Fennel tea can aid in treatment of dyspepsias such as mild, spastic gastrointestinal afflictions, fullness and flatulence.

Fevers and Bacteria

Fennel tea has been shown to possess diuretic, choleric (bile-producing), pain-reducing, fever-reducing, and antimicrobial actions.

Directions For Use

Fennel seeds are usually ground or crushed and steeped in boiling water to produce tea for internal use.

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