



# JANUARY'S RECIPE:

## TEA FOR WIND HEAT

Definitely the tea for the feverish beginnings of flu or colds. It has the added bonus of being very pleasant.

Preparation time: 5 mins  
Makes 3 cups

---

### Ingredients

1 teaspoon peppermint  
1 teaspoon elderflower  
1 teaspoon yarrow  
3 cups water

### Method

Pour boiling water over the dried leaves and steep covered for 5 minutes.

### Energetics

This tea “releases the exterior”, allowing invading pathogens to leave the body. The pungent flavor of the herbs pushes the invaders away and stops them from penetrating more deeply. This is a classic tea for the onset of colds and flu with hot symptoms.