

Your First Wealth Is Health



## 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.

## Tea for Wind Cold

You may well be raising your eyebrows at this tea and rightly so: it is not for the faint-hearted. But when you feel shivery, cold and know that you are coming down with a cold or flu, this tea may yet save the day. Make several strong cups, drink up and then crawl under the bedclothes to sweat it out.

Preparation time: 10 mins Makes 2 cups

### Ingredients

2 teaspoons fresh ginger  
1 teaspoon cinnamon bark  
1 clove garlic  
1 spring onion (if handy)  
1/4 teaspoon cayenne pepper  
2 cups water

### Method

Simmer the ginger and cinnamon for 10 minutes, adding the chopped spring onion, garlic and cayenne pepper just before the end. Sweeten with a little raw honey if desired.

### Energetics

These are very heating herbs which drive Cold out of the body and "release the exterior." Pungent and heating, they are the perfect match for invasions of Wind Cold.