

The Spice of Life Tea

By Michael Cottingham – Clinical Herbalist <http://www.voyagebotanica.net>

Great for the Immune System, Anti-Viral, Anti-Bacterial and
Excellent for Respiratory Health!

- 1 tsp Oregano Leaf
- 1 tsp Basil Leaf
- ½ tsp Thyme Leaf
- ½ tsp Rosemary Leaf
- ¼ tsp Ginger Root, ground
- ¼ tsp Turmeric Root, ground
- ¼ tsp Cinnamon Bark, ground

Combine the dried herbs/spices* in a quart canning jar. Pour over boiling water, cover and let steep for one hour (can steep longer too).

Strain through a fine mesh strainer and enjoy.

Dosage:

The average adult when sick with a cold or respiratory infection could drink as much as 2 quarts a day. Usually, a quart a day for adults is probably enough. Children between 5 and 15, could use up to a quart a day if sick, but probably more like a 1/2 of a quart should be sufficient. Children under 5, maybe just a couple of teaspoons of the tea, several times a day. One can drink a cup or two (adults) a day to stimulate the immune system when a cold is going around.

This tea is warming, it increases diaphoretic action (sweating) if you drink a lot of it. Increases diuretic action (more urination). Increases respiratory function so you get less congestion. This tea blend is relaxing, so you get deeper and more restful sleeps. It is very anti-inflammatory and reducing inflammation is always helpful when you have a cold or infection. The tea increases circulation which is extremely helpful in congestion and infectious states. This tea blend is extremely anti-viral and antibacterial.

*Organic herbs and spices highly recommended for therapeutic purposes