



## Women's Herbal Remedies with Dr. Wendy Nolan Joyce

Plants have long been a source of medicines and many of our modern life-saving medications are derived from the phytochemical compounds in plants. For example, the opium poppy provides morphine, the cinchona tree provides quinine (used for malaria treatment), willow bark produces aspirin, and coca leaves provide cocaine. However, most of us have lost touch with what plants we can find to support our health, including those growing in our own backyards! Often when we get sick, we rely on doctors to prescribe drugs we often don't even understand or we simply treat the symptom without addressing the underlying problem (eg., headache, take Panadol; cramps, take ibuprofen).<sup>1</sup> Many of us are alienated from our bodies and haven't learned to listen, with compassion, to what it's telling us. Worse, many women are dismissed or meant to feel guilty or just 'bad' for being irritable, forgetful, or tired during their periods ('she's on the rag, just ignore her') or during menopause.

When we begin to pay attention to our bodies and learn to understand their signals, we can better care for them. My goal is to encourage you to listen to your body/mind with curiosity and compassion and give you some simple tools to care for yourself. When we do this, we're empowered and our decisions are driven by who we really are and what we really need rather than what society expects of us. The more we know, the less room there is for fear or bewilderment when our body starts to act in a new way. And one thing's for sure: being a female human offers plenty of opportunity to experience change in all its glories, from our first period to pregnancy, childbirth, lactation, perimenopause and menopause; it's a veritable hormonal rollercoaster!

While I'm not a medical doctor or a professional herbalist, I have studied herbs and nutrition for decades in my professional capacity as a chef, forager and bio-dynamic gardener. I've used herbs to support my own journey as a woman who's been pregnant three times, had two children (now 19 and 22), experienced heavy menstrual periods, a tricky perimenopause that lasted nearly a decade, and am now in a stable hormonal state thanks to HRT and a mirena so my estrogen and progesterone levels remain constant. What a relief! I now use herbs to support my menopausal journey. For me, that means drinking herbal blends to support brain, bone and heart health. I feel empowered to create blends for when I'm anxious or can't sleep

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<sup>1</sup> Prescription drugs can be life-savers, of course; my point is merely that there is an alienation between many of us and what we put into our bodies to address symptoms and causes of dis-ease. This course is meant to be a resource to help you begin to use herbs in a safe and respectful way. It is not meant to cure disease or replace the relationship you have with your health-care provider. I'm simply intending to educate and encourage women to have a deeper relationship with themselves through self-care, compassionate bodily attunement, and healing herbal knowledge. Another caution: Just because a plant is 'natural' does not mean it is safe to consume. Plants are not benign or harmless! Some can heal, others can harm. You might be allergic to one but not another. Therefore, it's vital that you understand what you're choosing to put into your body and why, and carefully test each herb one at a time to ensure you have no adverse reaction. Today we'll be using herbs with no known allergic reactions.



or simply need an energy boost, and love feeling how simple herbal teas can be a centering, restorative ritual that also addresses symptoms. When my friends or partner come to me with a health concern (migraines, insomnia, menstrual cramps, anxiety), I can quickly make them up a herbal blend that helps support them and alleviate their symptoms.

I'm also a lifelong yoga practitioner and believe very firmly in the benefits of mindfulness and movement in combination with herbal medicine. I recently completed my 200-hour yoga teacher training at Space yoga in Roseneath and look forward to combining yoga and meditation practices with my herbal knowledge to better help my customers and friends find balance, vitality and peace.

It's my intention to open your eyes to some of the ways herbal medicine can support your health and give you tips and recipes to support you in honouring all of your glorious body and self.

### Goals of today's workshop:

- 1) To introduce you to some common plants found locally and available dried through herbalist supply shops<sup>2</sup> and their primary herbal actions and flavours.
- 2) To give you some beginner knowledge in how to choose herbs to create tea blends for various common health complaints (insomnia, anxiety, PMS and menopause symptoms).
- 3) Support you to blend your own herbal tea, culinary herbal salt, herbal bliss balls, and herbal vinegar.
- 4) To empower you to strengthen your self-awareness & self-compassion and help you add to your self-care kit with tasty herbal remedies you can use to promote better well-being.

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<sup>2</sup> You can buy herbs online at Iherb (I buy organic, sustainable), Raglan dispensary and places in Wellington like The Apothecary and Commonsense Organics.



Recipes:

## Herbal Vinegar

Herbal vinegar are simply herbs infused in a vinegar base. Vinegar helps liberate the medicinal constituents of the herbs, drawing out the beneficial plant extracts. I recommend using raw apple cider vinegar since it has many healthful benefits for the gut and beyond and tastes great. Herbal vinegars are easy to make and provide a simple way to add flavour to salad dressings, marinades, and every day meals.

## Ingredients

- 200 ml vinegar (I use raw apple cider vinegar from Coral Tree Organics in Otaki)
- Dried or fresh herbs. The amount depends on how fine the herbs are and how strong you want your vinegar. I prefer to use long stems of rosemary or tarragon or thyme because it looks pretty in the bottle and there aren't lots of bits floating around so there's no need to strain it. Select herbs that are in good condition. Don't use herbs that are yellowing. Avoid using powdered herbs or spices as they will make the vinegar cloudy.

**Method:** Place herbs in a sterilized glass bottle and pour vinegar over to cover the herbs. Seal and leave in a dark cupboard for 2-6 weeks for flavours to infuse. You can strain off the herbs when the vinegar is ready. These keep for months at room temperature and almost indefinitely if stored in the fridge. Label your vinegar so you don't forget what it is!



## Herbal Culinary Salts

Herbal salts are a quick and simple way to pack tons of flavour into meals – not to mention that they are a great way to preserve fresh herbs from your garden. I've found that homemade flavoured salts tend to get even better as they age over time. Plus, introducing herbs into your salt reduces your sodium intake (particularly important for women in perimenopause and older<sup>3</sup>) and introduces important minerals & nutrients into your diet. Herb salts also make a great homemade gift option for foodies or even party/wedding favours and work out much more cost-efficient than store-bought options!

**The Ingredients: Salt** – I use sea salt (chunky or flaky) and blend it in the food processor + herb of your choice: **Rosemary, marjoram, sage, oregano, thyme or even seaweeds.** Today we are using home grown, organic dried herbs. Make sure your herbs are very dry or the salt may get mouldy.

### Method:

1: Prepare the herbs: wash and dry if necessary.

First, if you're using fresh herbs, wash the herbs, pat dry, and then separate the stems from the leaves. We are only using the leaves. The stems give a bitter taste to the salt so you can discard/compost them. Dry thoroughly in a dehydrator or low oven until the herbs disintegrate in your hand.

2. Whiz the dried herbs with the salts and place in a jar you can seal. You may want to place a silicon gel sachet in with it to prevent moisture building up and causing mould.

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<sup>3</sup> Lowering sodium intake during perimenopause and after is important because it can help manage water retention, potentially reduce blood pressure, and lower the risk of heart disease. As estrogen levels fluctuate during perimenopause, women may become more sensitive to the effects of salt, making it crucial to moderate intake. This means that even a moderate intake of salt can lead to a greater increase in blood pressure compared to pre-menopausal women. High sodium intake **exacerbates menopausal symptoms**: bloating, water retention, and potentially contribute to hot flashes and night sweats. Some studies suggest a link between high salt intake and decreased bone density, which could be a concern during menopause as estrogen levels decline, impacting bone health.



### Herbal bliss balls

Herbal balls are an easy and tasty way to consume herbs. They are easy to travel with and great in lunch boxes. This recipe boosts energy and supports the immune system. It also aids in balancing hormones and increases metabolism.

#### Ingredients:

- 1 tsp Cacao nibs (grind up in a mortar and pestle)
- 1 cup Cacao powder + 1 tsp Maca powder\*
- 1 tsp Cardamon
- 2 tsp Cinnamon
- Pinch Cayenne pepper (optional)
- ½ cup nuts and/or seeds: sesame, hemp, sunflower, pumpkin, cashew, almond, etc
- ¾ cup Nut butter
- ¼ cup Honey, brown rice syrup, or molasses

#### Method:

1. Grind the nuts and seeds to smaller pieces (in a food processor is easiest)
2. Put the cacao and maca powders in a bowl with the spices. Add in the nuts and seeds along with the nut butter and honey/sweetener and mix well.
3. Form small balls with your hands and roll.
4. Set aside on a plate or baking paper and roll in cacao, coconut shreds or raspberry powder (optional)

\*Maca is an adaptogen, a term used in herbal medicine to describe herbs that help the body to adapt to and cope with physical, environmental and emotional stressors. These herbs are commonly taken during times of stress to increase energy, fortify the body and balance the nervous system, stabilize mood and improve performance and focus.



## Culinary herbs: health benefits for women

**Marjoram** may help regulate menstrual cycles, alleviate symptoms of PCOS, and support breast milk production. Additionally, marjoram is known for its calming properties, which can help reduce stress and anxiety, and potentially improve sleep quality.

**Parsley** offers several benefits for women's health. It is a good source of vitamins A, C, and K, as well as antioxidants like luteolin and apigenin. Parsley may help with menstrual problems, potentially balancing hormones and stimulating menstrual flow due to compounds like myristicin and apiole. It can also aid digestion, reduce inflammation, and potentially contribute to bone health and cardiovascular health. Parsley tea contains compounds that may influence estrogen production. It may also help stimulate menstrual flow, but more research is needed. Some animal studies show that parsley could help decrease blood sugar levels to support blood sugar control.

**Rosemary** possesses both anti-inflammatory and antioxidant characteristics. It's been found to help keep the brain healthy and prevent problems like neurodegeneration. It can help manage diabetes by keeping your blood sugar levels in check and has also shown the potential to fight cancer.

\*both thyme and rosemary contain essential nutrients like iron, which is pivotal in transporting oxygen throughout your body. When your cells are well-oxygenated, you experience increased energy levels, mental clarity, and overall vitality. Rich in antioxidants--which help combat the effects of environmental factors like pollution and UV radiation, which can accelerate skin ageing--thyme and Rosemary can ensure that your skin remains supple, youthful, and glowing. Moreover, antioxidants support your body's natural collagen production, the protein responsible for maintaining skin elasticity. Collagen levels naturally decline as we age, leading to wrinkles and sagging skin.

**Sage** can help reduce hot flashes and night sweats, and improve sleep quality, making it a natural remedy for menopausal symptoms. Sage can help regulate hormones, especially during perimenopause and menopause, potentially easing symptoms like mood swings and anxiety. Sage gets its name from the Latin word *Salvere*, which means "to save." It had a strong reputation for its healing properties during the Middle Ages and was even used to help prevent the plague. Preliminary research indicates that sage may be able to improve brain function and memory, especially in healthy people of all ages as well as people with Alzheimer's disease. However, more research needs to be conducted.

**Seaweed** offers numerous benefits for women's health, including improved thyroid function, enhanced gut health, and potential support for breast health and hormone balance. It's a valuable source of iodine, essential for thyroid hormone production, and contains prebiotic fibers that promote a healthy gut microbiome. Some studies suggest seaweed may also help regulate estrogen levels, potentially lowering breast cancer risk.

**Thyme** (active ingredient, thymol) acts as an antioxidant, reduce inflammation, providing pain relief, soothing spasms, combating bacterial and fungal intruders, offering antiseptic qualities, and even demonstrating the potential to hinder tumour growth. It can help alleviate menstrual cramps.



## Women's Hormone-balancing resiliency biscuits

### Ingredients:

- 1 T honey, warmed
- 2 c almond meal/flour
- ½ cup raw sugar
- 1 T ashwaganda powder
- 1 T reishi powder
- ½ tsp vanilla extract
- 1 egg white, beaten until stiff
- Zest lemon or orange
- Grated ginger to taste
- 1/3 dark chocolate buttons (I use Callebaut Belgian 70% couverture chocolate from Moore Wilsons)

### Method:

1. Preheat the oven to 200C. In a mixing bowl, add the almond flour, sugar, orange, ginger, reishi powder, ashwaganda powder & chocolate and stir to combine.
2. Next add in the warmed up honey and beaten egg white. Mix until it comes together in a ball shaped dough.
3. Put the icing sugar in a bowl. Roll approx 40g of dough into balls and roll them in icing sugar. Tip: don't do this with your hands because the warmth of your hands rolling the dough will push the icing sugar into the mixture, and won't give you that nice crunchy texture when it bakes.
4. Place the balls onto a lined tray and flatten slightly with a fork and cook for 15 minutes until golden.



## Adaptogens: what are they and how do they work?

Adaptogens are plant substances (often herbs or fungi) that have been found to help our bodies manage stress and maintain balance, or homeostasis. In other words, they help us adapt to external stressors. By strengthening our internal systems, adaptogens can promote vitality, stabilize mood and improve performance and focus. They can be consumed as powders, supplement capsules, teas or tinctures.

### How Do Adaptogens Work?

Researchers say **adaptogenic herbs interact with the hypothalamic-pituitary-adrenal (HPA) axis, which is a complex system of glands, hormones and receptors in the human body.** The HPA axis is central to the body's homeostasis, stress responses and energy metabolism. When we consume adaptogens, their organic properties and compounds work with the HPA axis to help balance our systems. If there's too much of one hormone, for instance, the adaptogens help to lower it. On the flip side, if there isn't enough of a hormone, adaptogens can help replenish its levels. Studies also suggest **adaptogens interact with the immune-neuro-endocrine system**, which helps the body regulate its use of energy and maintain strong immune defenses.

**Popular Adaptogenic Herbs we're using today that help alleviate stress and anxiety, fatigue, menopausal symptoms:**

- **Ashwagandha**, also known as *Withania somnifera* and Indian ginseng, is a shrub that's often used in Ayurvedic practices (an ancient Hindu system of medicine). Several clinical studies found ashwagandha can help reduce anxiety when compared to a placebo or other treatments—often significantly.
- **Tulsi**, known as "holy basil", is commonly used in Ayurvedic medicines. Tulsi is known to promote focus and alleviate anxiety. One clinical trial found it significantly diminished generalized anxiety disorder in patients, as well as their associated stress and depression. Tulsi can also give your immune system a boost.
- **Reishi mushrooms** are a fungus adaptogen. They provide immune system support, stress reduction, improved sleep, and hormonal balance. They may also help with fatigue, mood regulation, and even fertility.
- **Maca** grows in Peru and the powdered root may help improve energy, cognitive function, wound healing and may help reduce menopausal symptoms. Contains anti-inflammatory properties, prebiotic nutrients that support digestion, and may improve libido. Can improve performance and focus.





## HERBAL TEA BLENDING

### KNOW YOUR HERBS

When it comes to formulating your own herbal tea blends, the first thing you will want to do is to know your herbs, specifically their “actions” and which plant parts are commonly used. It’s important to know their flavour, aroma, and colour as well. All of these considerations will lend themselves to creating tasty and effective herbal tea blends. For simplicity, today we’ll be focussing on 12 herbs commonly used in teas (see attached chart: we have all but violet and anise today. Instead of anise, we’ll use fennel; for violet, we’ll be using oatstraw). We’ll also have a few other herbs on hand that I grow/forage which are particularly good for women’s health, detox, sleep or just tasty: hibiscus, calendula\*, feverfew\*, kawakawa\*, lavender\*, linden, milk thistle, skullcap

**\*hormone-balancing, calms PMS, eases cramping, bloating**

### HERBAL ACTIONS

The first thing to know about the herbs you’re considering using in your tea blends is their actions. Herbal actions are one way to categorize plants according to their effects on the body and potential health benefits. Many herbal books and online resources will list a large number of actions for a single herb, but today we’re keeping things simple and focussing only on the primary actions of the herbs so as not to get too overwhelmed with all the things one herb can do. You might enjoy deepening your knowledge after this workshop and looking into secondary actions of the herbs.

For example, suppose you want to create an herbal tea to help manage stress. In that case, you may begin looking at herbs that are characterized as adaptogens, such as tulsi (*Ocimum tenuiflorum*) or licorice (*Glycyrrhiza glabra*) root, or relaxing nervines, such as chamomile (*Matricaria chamomilla*) flower, and select the best herb for your individual needs.

### Plant Characteristics: flavour, aroma & colour.

In addition to knowing which plant parts are typically used for the herbs you are considering, it’s also important to know other characteristics about each plant, such as **flavour, aroma and colour**. Flavour will be one of your top priorities: sweet, salty, sour, bitter, pungent, spicy, acid, or bland. Flavour is related to the aroma of a plant’s volatile oils (citrusy, earthy, floral, herby, minty, spicy, or woody). Think of lavender, for ex., a floral scent, which derives from its volatile oils; its flavour is earthy, floral and slightly bitter.

Chances are, you are going to focus on the more pleasant flavours in your tea blends. Although some herbs like hops and valerian aren’t great tasting but definitely work to help



you sleep, so sometimes you might have reason to sip a hot beverage with an acrid or bitter taste. You can always add honey!

It can be challenging to formulate a tea that serves a physiological purpose while also catering to taste. Therefore, you may need to significantly slim down your herbal repertoire when crafting tea formulas, which is one reason we have chosen to limit the number of herbs we're using today. The best way to find the flavour of an herb is to taste it to see what you notice. Because you're using herbs that will be infused into water, it is a good idea to brew each herb individually in water to see what it tastes like.

One of the finishing touches of making an herbal tea blend should be adding some colour to your blend. Many herbal ingredients will be some shade of green, but you can add flowers and fruits to add a splash of colour to your tea blends. For example, I often add some calendula, rose petals or hibiscus flowers to my blends to give them a pretty appearance when gifting them.

## **CHOOSING YOUR BLEND**

It's easy to get excited and go a bit overboard in the taste area, but it's important to rein things in to avoid including too many flavours in your tea formula. Try to focus on at most two dominant, complementary flavours that pair well together, such as orange and spices, lemon and mint, or fennel and nettle. Sometimes the herbs that make up the foundational tea blend will have enough flavour to make the tea palatable and pleasurable to drink. Other times, you may need to add additional herbs to achieve the deliciousness you desire!

When developing a flavour profile for your blend, take some time to think about what herbs or other edible ingredients would enhance the blend's flavour or aroma. Herbs like cinnamon, fennel, ginger, and peppermint can help to add a lot of flavour and scent to a tea blend, as will dried fruit so I often add some of these to my blends purely for taste. It can be a good idea to experiment by making a few cups of tea using your foundational herb blend and adding a different flavourful herb to each cup you brew to hone in on flavour to find a taste that suits you.

Keep in mind that the flavour and aroma of a tea blend are primarily due to the volatile oils contained within the plant material, many of which may escape along with the steam during steeping. For this reason, I like making my blends in a thermos and leaving it to brew for 5-10 minutes before straining out the liquid.

## **Dosage**

Determining the dosage for each herb in your tea blend will help you know how much of each herb to include in the overall blend. Generally speaking, 2-8 grams of an herb blend per 8 fl oz of water is taken 3-4 times per day for a total of 6-32 grams per day. You can use the chart provided to see general dosage advice for each herb.



As an example, we have included the worksheet we compiled when developing the Green Goddess tea blend recipe.

### Infusion:

An infusion is made by pouring hot water over the leaves, flowers, and more delicate or aromatic parts of a plant so that the properties of the plant are *infused into* (extracted by) the water. These herbal preparations typically steep for 5-20 minutes, depending on the constituents of the herbal blend and the flavour you are looking for in the infusion.

For example, if you are making an infusion from a tea blend that includes chamomile (*Matricaria chamomilla*) flower, chances are you will only allow this infusion to steep for 5 minutes. If it steeps any longer, the chamomile starts to taste bitter. On the other hand, if you are making a tea blend filled with roots or bark or mineral-rich herbs like stinging nettle (*Urtica dioica*), for example, you may want a longer steep time of 20 minutes or more (sometimes overnight!) to allow for optimal extraction of the nutrients.

That said, there are always exceptions to the rule. Some infusion recipes call for plant parts that are more difficult to break down, such as roots, barks, seeds, or berries, and these types of infusions can steep from 4-8 hours to overnight.

Generally speaking, most beverage teas are made with ½-1 tablespoon of herb material per 8 fl oz of water when using dried herbs.

### Experiential Exercise: Create Your Own Wellness and/or Seasonal Tea Blend

For this exercise, we'd like for you to create your own wellness or seasonal tea blend (preferably both!) by working your way through the following steps.

1. Choose your focus/goal: What will be the focus or goal of your tea blend? When it comes to wellness focuses and goals, there are many! Would you like a tea blend that supports a good night's sleep, eases anxiety, or helps alleviate symptoms of PMS/menopause? Take some time to think about your goal or focus and write it down in the Goal of Tea Blend section of the worksheet.
2. Next, what body systems would you like to affect with this tea blend? This answer will depend on your goal. If your goal is sleep, it's likely your primary body system focus will be the nervous system, but if your focus is balancing the seasonal energetics of winter, your primary body system may be the circulatory system. Write down the main body system or systems that your tea blend should address in the Body Systems to Consider section of the worksheet.



3. What herbal actions are needed for this tea blend to be effective? If your goal detox, what herbal action will support that? (hint, hint: tonic, alterative or diuretic). If your focus is sleep, what action will help support (perhaps relaxing nervines). Take some time to think, and then write down the primary (3-5) herbal actions you want to incorporate into your tea blend in the Primary Actions section of the worksheet.
4. Now it's time to revisit the Primary Herbal Actions graphic and 12 Tea Friendly Herbs & Their Properties graphic. Make a list of up to 8 herbs that have the actions you are looking for.
5. Once you know more about your potential herbs, it's time to make some more cuts to the list. Do any of the herbs interact with medications or have safety contraindications that would make them a concern? If so, perhaps these botanicals aren't the best to work with and should be crossed off the list as well.
6. Next, consider the flavour and colour of your herbs and which herbs pair nicely. Choose 4-5 and write each herb on your worksheet. You might end up only choosing two herbs for their primary actions, and 2 others just for flavour and colour.
7. Now it's time to blend! Write down your final formula and dosage for each herb.

**NOTES:**

## Keep Calm Tea

Some days there's no going back to bed and trying again tomorrow. Some days, you just have to trudge through. If you find yourself having one of those days, this nerve-nourishing tea blend is a great companion to help you get through the day. Not only does it help to settle a frazzled spirit, but it can help to uplift it at the same time.

### Ingredients

½ cup lemon balm (*Melissa officinalis*) aerial parts  
½ cup oat (*Avena sativa*) milky tops  
½ cup peppermint (*Mentha × piperita*) leaf  
⅛ cup chamomile (*Matricaria chamomilla*) flower

### Directions

- Combine all ingredients and store the blend in a labeled storage container. Use within 12 months.
- Steep 1 tablespoon of tea blend per 1 cup (8 fl oz) boiled hot water, covered, for 5-7 minutes. Strain herbs through a tea strainer and compost or discard herbal material. Sweeten as desired and sip hot or allow to cool and serve over ice with 2-3 fresh peppermint leaves. Drink 1-4 cups a day.

## Hibiscus Rose High-C Iced Tea

*This colourful tea is packed with vitamin C and antioxidants and is a great way to support your immunity during the warmer months of the year. Sip a glass or two of this refreshing tea on a warm summer's day, at a garden party with friends, or at a family gathering where a light, refreshing beverage is preferred.*

### Ingredients

1 cup hibiscus (*Hibiscus sabdariffa*) calyces  
½ cup rose (*Rosa* spp.) petals  
¼ cup orange (*Citrus × sinensis*) peel  
⅛ cup ginger (*Zingiber officinale*) root

### Directions

- Combine all ingredients and store the blend in a labeled storage container. Use within 12 months. Use 1 tablespoon of tea blend per 1 cup (8 fl oz) boiled hot water. Cover



and steep 30-60 minutes. Strain herbs through a tea strainer and compost or discard herbal material. Sweeten as desired. Serve cold over ice with a slice of fresh orange. Drink 1-3 cups a day.

### **Cinnamon Apple Mock-Digestif Tea**

*Settle digestion after a rich meal with this alcohol-free digestif. This tea blend contains carminative herbs that help aid digestion, ease gas and bloating, and soothe spasms in the gastrointestinal tract. It also has a great flavour that will pleasantly surprise your tastebuds.*

#### **Ingredients**

1 cup chamomile (*Matricaria chamomilla*) flower  
1 cup cinnamon (*Cinnamomum* spp.) bark  
¼ cup dried apple slices

#### **Directions**

- Combine all ingredients and store the blend in a labeled storage container. Use within 12 months.
- Use 1-2 tablespoons of tea blend per 1 cup (8 fl oz) boiled hot water. Cover and steep 5-7 minutes. Strain herbs through a tea strainer and compost or discard herbal material. Sweeten as desired. Sip hot after a heavy meal. Drink 1-3 cups a day.

### **Land of the Faeries Tea**

*Light, enchanting, and mysterious—this tea blend features delicate herbs that soothe, moisten, and strengthen the tissues of the body while cheering the heart and lightening the mind. And if the beauty of this herbal tea blend doesn't transport you to the land of the faeries, the tangy flavour certainly will.*

#### **Ingredients**

¾ cup plantain (*Plantago* spp.) leaf  
½ cup rose (*Rosa* spp.) petal  
½ cup lemon balm (*Melissa officinalis*) aerial parts  
¼ cup calendula (*Calendula officinalis*) flower

#### **Directions**

- Combine all ingredients and store the blend in a labeled storage container. Use within 12 months.



- Use 1 tablespoon of tea blend per 1 cup (8 fl oz) boiled hot water. Cover and steep 5-10 minutes. Strain herbs through a tea strainer and compost or discard herbal material. Sweeten as desired and sip hot or allow to cool and serve over ice. Drink 1-3 cups a day.

### Rose Red Tea

*Just like the fairy tale, this Rose Red Tea blend speaks to the lover, the wanderer, the friend, and the helper in all of us. Tightening and toning to the tissues and supportive of the nerves, this tea evokes feelings of love, warmth, heartfelt emotion, and goodwill, even on the coldest of days.*

### Ingredients

1 cup red rooibos (*Aspalathus linearis*) leaf

½ cup rose (*Rosa* spp.) petal

¼ cup oat (*Avena sativa*) milky tops

¼ cup rose (*Rosa* spp.) hip

### Directions

- Combine all ingredients and store the blend in a labeled storage container. Use within 12 months.
- Use 1 tablespoon of tea blend per 1 cup (8 fl oz) boiled hot water. Cover and steep 5-10 minutes. Strain herbs through a tea strainer and compost or discard herbal material. Sweeten as desired. Drink 1-3 cups a day.



**Kawakawa:** believed to help with various aspects of women's health, including PMS (premenstrual syndrome). It's traditionally used as a tonic to regulate female hormones and support the reproductive system. While scientific research is ongoing, kawakawa is known for its anti-inflammatory and pain-relieving properties, which may contribute to its potential benefits for PMS symptoms. Scientific studies are exploring the potential benefits of kawakawa, including its impact on inflammation and its potential to modulate postprandial glucose and insulin response

Active constituents of kawakawa:

✿ pellitorine- has a numbing effect on the body. Hence its use in painful joints & muscles (ointments) & toothaches (poultice).

✿ yangambin- anti inflammatory for cardiovascular system. Kawakawa assists circulation & BP.

✿ dopamine. Which is a mood lifting neurotransmitter; also soothes upset guts and assists in blood glucose regulation in insulin resistance and diabetes. Kawakawa is considered a nervine for mood and a blood glucose regulator.

And this is just a few of its benefits!!