

Natural Healing Express Weekly

Column 394 Tea Season Begins

With the air beginning to cool, the true “Tea Season” begins. Now, if you are tea lover like me, every season is tea season!

Here are a couple of recipes to get you started. The first is a wonderfully refreshing tea that can be drank all day long. You may substitute decaffeinated tea if need be.

Cucumber Lavender and Mint Tea

Ingredients – 5 green Tea Bags, 18-20 fresh mint sprigs, 3 fresh lavender blossoms, 8 cups boiling water, 1 sliced cucumber, 1 lemon sliced, honey and ice cubes.

In a large pitcher (I use glass) combine the tea bags, mint sprigs and lavender. Pour in water and steep for 8 minutes. Remove tea bags and let cool to room temperature. Add cucumber and lemon. Allow to cool for at least one hour. I usually let mine cool overnight.

Add Honey, ice and garnish with a little sprig of mint.

This one is a little more advanced, so don't worry too much if you don't have all the ingredients in your cupboard. We have a lovely tincture you can add to chamomile and get the same result! However, for those of you who enjoy tea and mixing as much as I do, here's a lovely nighttime tea.

Sleep For You

Ingredients – 1 tsp. spiny date seed, 1 tsp. salvia root, 1 tsp. spirited poria, 1 tsp. Siberian milkwort root, ½ tsp. licorice, 2 cups water.

Rinse all the herbs. With a mortar and pestle, crush all herbs. In an earthen pot, add all herbs and water and let soak for 30 minutes. Bring mixture to a boil and then allow simmering for 30 minutes. Strain and discard herbs. Serve warm. Your kitchen will smell terrific and you should be getting very sleepy!

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express