



“Herbal teas for immunity”

Everyday Tea

Home Remedies

Are you tired of the same old tea routines and recipes? Maybe these new easy ways to use that herbal tea can recharge your day. Look no further! Try these herbal immunity boosting teas during your stay at home period. Tea infusions are the simplest way to make herbal remedy as they extract water soluble constituents called flavonoids Quick and easy to make .Several herbs can be combined (fresh or dried) depending on the type of herb material available .

Cinnamon Tea

Place the cinnamon stick in a mug or take 1 teaspoon cinnamon powder .Add the boiling water and steep the cinnamon stick tea, covered, for 10 minutes. Cool it 1 minute and then sip. Benefits of this tea - treats cold, sore throat, eases digestion, lowers

cholesterol and blood sugar regulation, helps in weight loss.

Mint tea

Take fresh mint leaves add to boiling water and steep for 20 minutes. Stir, cover the lid and leave the tea to stand for 10 minutes. Strain and add honey if needed. You can use dry mint leaves even the same way. Benefits of this tea - Improves digestion, Improves oral health, Great to use for steam inhalation, Treats cough and cold, throat irritation

Turmeric tea

Thin slice two inches of fresh turmeric and ginger. Add 3-4 cups of water. Bring to boil. Simmer for 30 minutes .Cover and set turmeric tea aside overnight. Strain out the root and reserve the liquid. Reheat the mixture, add any sweetener or few drops of

lemon .Sip it .Turmeric has a compound called curcumin which helps to burn fats .It also has anti-inflammatory properties.

Turmeric powder three times daily or 1 to 3 grams daily of grated or dried turmeric root is ideally good for adults.

Green tea / Chamomile tea /Lavender tea/Rose hip tea / white tea - Bags can be used.

Ginger Tulsi black pepper tea

Take ginger slices around 2 - 3, 4 - 5 freshly washed Tulsi leaves, boil all in water for 20 minutes, strain and sip the water.

Lemon ginger honey tea

Take ginger slices around 2 - 3, boil it for 15 minutes then strain and sip. Add few drops of lime and honey for extra taste.

Herbal tea (Kadha) made from Tulsi Cinnamon, Black pepper, Dry Ginger and few raisins (4 - 5) once or twice a day. Add jaggery or fresh lemon juice (few drops)

Golden Milk Take half tea spoon haldi organic (turmeric) powder in 150 ml

hot milk.

