

How to Make a Cup of Medicinal Herbal Tea



Herbal teas provide the most all around medicinal properties for healing, but proper attention needs to be paid during preparation that can be lost in steam during evaporation if. Keeping the tea covered while steeping holds in the essential oils - it's most concentrated healing aspect. Tea and its volatile oil can be used when ever flushing, calming, or neutralizing is required, and is an especially good addition to baths to break fevers, cause a detoxifying sweat, absorb healing properties through the skin, or just to relax.

In times of illness herbal tea baths can be both healing and restoring. The skin can absorb the medicinal properties of herbs in a bath in about 20 minutes along with 2 cups of fluids.

Whenever possible use freshly picked or dried herbs for tea, do NOT use tea bags as they are commonly infested with many harmful molds that are infused into the tea water, and bleached tea bags infuse tea with chlorine and other chemicals used in making the bag.

Drinking Tea or Herbal Teas Baths:

- Thyme tea will break a fever
- Chamomile tea will cause a sweat; drink while in a bath of chamomile tea
- Sage tea will purify blood fluids, especially if drunk during the bath
- Golden Rod tea will purify lymphatic fluids, and be absorbed through skin
- Peppermint opens constricted ducts and will stimulates appetite
- Ginger will stimulate circulation
- Arnica soothes bruises and contusions

- Juniper berry neutralizes uric acids in skin and joints, internally and topically

The two types of herbal teas, Infusion and Decoction, each require different methods of preparation during the heating and brewing process. Infusion herbs are not boiled; their properties are released with just the infusion of heated water. Infusion method pertains to the leaves, flowers, stems, and berries. They can be added to boiled water, or boiled water can be poured over them. Once the hot water and the herbs make contact, the tea needs to be covered instantly to contain the essential oil, which quickly dissipates in the steam. The essential oils of a properly made tea will be floating on the top of the tea water.

A decoction tea is made from bark, roots, pods, and reeds and needs to be boiled from 15 to 30 minutes, depending on the density of the plants fiber, then steeped an additional 15-30 minutes. The essential oils of these herbs are not released until they have been heated and well soaked.

Infusion (leaves, flowers, stems, and berries)

Bring water to a boil in a non-aluminum pan, then remove from heat. Add ½ -1 teaspoon dried herb per every 1 cup of water. Cover with an air tight lid and steep for 15-20 minutes. (The longer herb steeps in water, the stronger it will be.) Strain tea through cheese cloth or strainer into cup and drink straight or sweetened with raw honey or grade B maple syrup. Any herbal teas may be combined.

Decoction (bark, root, reed, grass)

Bring water to a boil in non-aluminum covered pan. Add ½ teaspoon dried herb per every 1 cup of boiling water. Replace cover and reduce heat to simmer. Continue boiling for 15-30 minutes and then steep for 15-30 minutes. (The longer herb steeps in water, the stronger it will be.) Strain tea through cheese cloth or strainer into cup and drink straight or sweetened with raw honey or grade B maple syrup. Any herbal teas may be combined.