

Healing Herbal Teas



Green Tea

- Protects the body from aging
- Helps boost metabolism for natural weight loss.
- Highly effective antioxidants fight cancer and heart disease.



Chamomile Tea

- Soothes and helps promote sleep.
- Boosts immune system, eases anxiety and depression.



Mint Tea

- Relieves stress and anxiety, promotes restful sleep.
- Clears sinuses and relieves sore throat.
- Natural appetite suppressant, prevents bloating and gas.
- Balances hormones, helps clear skin, soothes burns, rashes.



Thyme Tea

- Effectively treats colds, fights off bacteria and fungi.
- Strong anti-inflammatory, heart healthy, improves bone and skin health.



Lemon Verbena Tea

- Aids digestion.
- Distresses and strengthens the nervous system.
- Breaks down cellulite.



Nettle Tea

- Good source of iron, calcium, reduces leg cramps.
- Strengthens urinary system, counters arthritis, rheumatism .
- Decreases blood sugar, lowers blood pressure.



Ginger Tea

- Reduces inflammation, relieves stress and tension.
- Relieves nausea, improves digestion and blood circulation.
- Strengthens immunity, relieves congestion, clears sinuses .

Of Healing Teas

Peipei Pang



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