



Wellness Trading Post

Julieta Criollo

(604) 760-6425

services@wellnesstradingpost.com

www.wellnesstradingpost.com

Clinical Herbal Therapy

Bach Flower Essences

Reflexology

Reiki

Energy Healing

Tea/Infusion Recipes



Wellness Trading Post

Copyright © 2004 - Wellness Trading Post

You are welcome to copy this material, share it, just don't sell it or change it.

Your constructive comments/feedback are welcome and appreciated.

Energy/Uplifting Tea Recipe

Ingredients per cup water:

- ½ tsp (1 gram) of fresh organic ginger root.
- ½ tsp (1 gram) of powdered American Ginseng root.
- Optional: ½ tsp crushed fennel seeds.
- 1 tsp honey (or adjust amount to taste)
- 1 tsp (5 ml) Lemon Balm tincture.
- 10 drops of “*Life Drops*” or equivalent formula.
- Optional: 4 to 8 drops of “*Link Breaker*” Bach Flower Essence formula.

Preparation:

- Boil a cup of water and remove from heat.
- Add ingredients to water, steep and cover.
- Let it sit (infuse) for at least 20 minutes.
- Drink and enjoyed.

Dose:

Drink 1 cup per day (avoid late afternoon/evening since it may be too stimulating and prevent sleep). Pause intake for 2 weeks for every 4 of use (see cautions below).

Cautions:

- Ginger daily intake should not exceed 2 g/day.
- American ginseng: daily intake should not exceed 2 g/day. American ginseng is a milder version of the Chinese/Korean ginseng, and therefore can be used safely at longer term. However, it could still produce the so-called *Ginseng Abuse Syndrome* (such as high blood pressure, nervousness, diarrhea, insomnia, euphoria) associated with the long use of Chinese/Korean ginseng. Thus, it is best to pause its intake as mentioned above.

Notes on ingredients:

1. **Ginger** (*Zingiber officinalis*) – it helps reduce fever, inflammations, and pains. Stimulates peripheral circulation, reduces cholesterol, helps lower blood pressure, reduces the risk of strokes, promote menstrual flow, and reduces menstrual pain and cramps. Supports digestion, helping with indigestion, cramps, flatulence, colic, nausea, and vomiting. Helps detoxify the body from toxins associated with rheumatism. Good for coughs, infections, sore throat, and bronchitis. It has anti-tumor properties, and helps reduce the side effects of chemo/radiation.
2. **American ginseng** (*Panax quinquefolium*) – general tonic, increases energy, and increases resistance to stress. Help regulate blood pressure, blood sugar levels, and hormone. It has calming effects, improve memory, concentration, alertness, and improve learning ability. Strengthens the digestive system and improves the metabolic functions of the liver, kidneys and other organs.
3. **Fennel seeds** (*Foeniculum vulgare*) – optional, use mainly for taste. However, medicinally, fennel support digestion, helping with cramps, flatulence, indigestion, anorexia, colitis, and irritable bowel syndrome. It also helps with bronchitis, wheeze, shortness of breath, and upper respiratory catarrh. It helps regulate the menstrual period, and promote breast milk in nursing mothers.
4. **Honey** – for taste. Medicinally it is considered a natural antibiotic.
5. **Lemon Balm** (*Melissa officinalis*) – calming and relaxing to nervous system. Helps with depression, anxiety, headaches, insomnia, fever, diarrhea, colic, indigestion, and flatulence. It also helps with colds and flus, congestion, upper respiratory tract infections.
6. “*Life Drops*” tincture formula (or equivalent formula) – a combination of herbal tinctures to stimulant healthy reaction from vital organs.

My ingredients: Cayenne (*Capsicum frutescens*), Lemon Balm (*Melissa officinalis*), Ginger (*Zingiber officinalis*), Rosemary (*Rosmarinus officinalis*), and Hawthorn (*Crataegus oxycantha*).

Original “Life Drops” ingredients by Thomas Bartram: Cayenne, Peppermint, Elder Flowers, Kola nut, and Hawthorn.

7. “**Link Breaker**” Bach Flower Essence formula – to break negative emotions/patterns.

Ingredients: The following Bach Flower essences – Rescue, Crab Apple, Chestnut Bud, Mustard, Star of Bethlehem, Walnut, White Chestnut, and Olive. If using the individual Bach Flower Essences (instead of a pre-mixed formula), then put 2 drops of each on the tea.

Relaxing Tea Recipe

Ingredients:

Mix equal parts of following herbs:

- Chamomile flowers,
- Lemon balm leaves,
- St. John’s wort flowers.

Optional ingredients:

- Honey (1 tsp or adjust amount to taste)
- 4 drops of Bach Flower Rescue remedy.

Preparation:

- Boil a cup of water and remove from heat.
- Add 1 tsp of mixed herb ingredients (and optional ingredients) to hot water, steep and cover.
- Let it sit (infuse) for at least 15 to 20 minutes.
- Drink and enjoyed.

Dose:

- As sleep aid: 1 cup one hour before bed.
- To relax during the day: 1 to 3 cups per day (for convenience, you can prepare the 3 cups in the morning, put it away in the refrigerator, and drink through out the day).

Cautions:

- Chamomile can hinder absorption of iron. Avoid drinking tea with iron supplements.
- St. John’s wort: may interact with medication (anti-depressants, blood thinners, and others), thus, consult your medical doctor or a health practitioner if taking medication. In high dose, it may cause GIT irritation, allergic reactions, restlessness, and tiredness.

Notes on ingredients:

1. **Chamomile** (*Matricaria recutita*) – a gentle relaxing herb, beneficial for restlessness, insomnia, hyperactivity. It increases the blood flow to the digestive system and promotes its proper function. It helps with motion sickness, gripping, colic, bloating, ulcers, indigestion, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), diarrhea, and digestive problem of nervous origin.
2. **Lemon Balm** (*Melissa officinalis*) – calming and relaxing to nervous system. Helps with depression, anxiety, headaches, and insomnia. It also helps with diarrhea, colic, indigestion, and flatulence, colds and flus, congestion, and upper respiratory tract infections.
3. **St. John’s wort** (*Hypericum perforatum*) – A nervous system tonic. It is beneficial for anxiety, insomnia, neuralgias, migraines, irritability, obsessive-compulsive disorder (OCD), mild to moderate depression (2-8 weeks to see effects), seasonal affective disorder (SAD), and enuresis (bed-wetting) esp. children. It also helps with indigestion, and considered a mild tonic for liver/gallbladder.
4. **Honey** – for taste. Medicinally it is considered a natural antibiotic.

Stress relieve Tea Recipe

Ingredients per cup water:

Mix equal parts of following herbs:

- Licorice root.
- Lemon balm leaves.
- St. John's wort flowers.
- Wood betony herb.

Optional ingredients:

- Honey (1 tsp or adjust amount to taste)
- 4 drops of Bach Flower Rescue remedy.

Preparation:

- Boil a cup of water and remove from heat.
- Add 1 tsp of mixed herb ingredients (and optional ingredients) to hot water, steep and cover.
- Let it sit (infuse) for at least 15 to 20 minutes.
- Drink and enjoyed.

Dose:

Drink 1 to 3 cups per day.

Cautions:

- Licorice: avoid in pregnancy, anemia, liver cirrhosis, kidney insufficiency, or suffering from high blood pressure. Long term used of Licorice may reduce thyroid function and basal metabolic rate. Thus, it is best to pause its use every 6 to 8 weeks.
- St. John's wort: may interact with medication (anti-depressants, blood thinners, and others), thus, consult your medical doctor or a health practitioner if taking medication. In high dose, may cause GIT irritation, allergic reactions, restlessness, and tiredness.

Notes on ingredients:

- 1. Licorice** (*Glycyrrhiza glabra*) – an adrenal tonic, good for adrenal insufficiency, Addison, diabetes insipidus, to reduce corticosteroids medication. It has anti-inflammatory, anti-spasmodic, and anti-viral and soothing properties, thus, beneficial for inflammatory conditions, auto-immune diseases, urinary tract infections, upper respiratory tract infections, gastric reflux, gastritis, peptic ulcers, acidity, constipation, viral hepatitis, rheumatism, and muscle spasm.
- 2. Lemon Balm** (*Melissa officinalis*) – calming and relaxing to nervous system. Helps with depression, anxiety, headaches, and insomnia. It also helps with diarrhea, colic, indigestion, and flatulence, colds and flus, congestion, and upper respiratory tract infections.
- 3. St. John's wort** (*Hypericum perforatum*) – A nervous system tonic. It is beneficial for anxiety, insomnia, neuralgias, migraines, irritability, obsessive-compulsive disorder (OCD), mild to moderate depression (2-8 weeks to see effects), seasonal affective disorder (SAD), and enuresis (bed-wetting) esp. children. It also helps with indigestion, and considered a mild tonic for liver/gallbladder.
- 4. Wood Betony** (*Stachys betonica*) – strengthens and relaxes the nervous system, increases the circulation to brain, increases memory, and promote digestion and liver functions. Thus, it is beneficial nervous debility, anxiety, tension, headaches (esp. due to high blood pressure or sinus congestion), facial pain, and vertigo. It also helps with sleep when pain is involved, PMS, and premenstrual tension with pain.
- 5. Honey** – for taste. Medicinally it is considered a natural antibiotic.

Digestive Tea Recipe

Ingredients:

Mix equal parts of the following herbs:

- | | | |
|--|-----------|--|
| <ul style="list-style-type: none">▪ Chamomile flowers▪ Spearmint leaves | or | <ul style="list-style-type: none">▪ Ginger root (max, 2 g/day)▪ Crushed fennel seeds. |
| | | or |
| | | <ul style="list-style-type: none">▪ Rosemary leaves▪ Peppermint leaves |

Optimal:

- 1 tsp of Honey (or adjust amount to taste)
- 4 drops of Bach Flower Rescue remedy.

Preparation:

- Boil a cup of water and remove from heat.
- Add 1 tsp of mixed herb ingredients (and optional ingredients) to water, steep and cover.
- Let it sit (infuse) for at least 15 to 20 minutes.
- Drink and enjoyed.

Dose:

Drink 1 cup (up to 3 cups a day) 30 after the meal.

Cautions:

- Chamomile and peppermint can hinder absorption of iron. Avoid drinking tea containing these herbs with iron supplements.
- Ginger: daily intake should not exceed 2 g/day.

Notes on ingredients:

1. **Chamomile** (*Matricaria recutita*) – a gentle relaxing herb, beneficial for restlessness, insomnia, hyperactivity. It increases the blood flow to the digestive system and promotes its proper function. It helps with motion sickness, gripping, colic, bloating, ulcers, indigestion, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), diarrhea, and digestive problem of nervous origin.
2. **Peppermint** (*Mentha piperita*) – beneficial for nausea/vomiting, morning sickness, indigestion, flatulence, cramps, digestive and gallbladder problem, and irritable bowel syndrome (IBS). It is also good for menstrual pains, colds/flu (the essential oil can be used as part of inhalations and diluted as part of chest-rubs). Topically, diluted essential oil is used for headaches esp. due to nerve (often mix with lavender).
3. **Spearmint** (*Mentha spicata*) – similar medicinal properties to peppermint but milder.
4. **Ginger** (*Zingiber officinalis*) – it helps reduce fever, inflammations, and pains. Stimulates peripheral circulation, reduces cholesterol, helps lower blood pressure, reduces the risk of strokes, promote menstrual flow, and reduces menstrual pain and cramps. Supports digestion, helping with indigestion, cramps, flatulence, colic, nausea, and vomiting. Helps detoxify the body from toxins associated with rheumatism. Good for coughs, infections, sore throat, and bronchitis. It has anti-tumor properties, and helps reduces the side effects of chemo/radiation.
5. **Fennel seeds** (*Foeniculum vulgare*) – support digestion, helping with cramps, flatulence, indigestion, anorexia, colitis, and irritable bowel syndrome (IBS). It also helps with bronchitis, wheeze, shortness of breath, and upper respiratory catarrh. It helps regulate the menstrual period, and promote breast milk in nursing mothers. It is also used as part of eyewash for conjunctivitis.
6. **Rosemary** (*Rosmarinus officinalis*) – a circulatory stimulant and nervous system relaxant. It increases blood flow to the head, increases mental alertness, memory, and concentration. It is used for vision problems, hearing problems as tinnitus, headaches, and depression. It promotes appetite, improves digestion. It is good for colic, cramps, flatulence, and biliary spasm. It enhances the detoxification of liver, and helps prevents atherosclerosis. It strengthens capillaries, promote circulation, including coronary circulation, and helps strengthen the heart and reduce the blood pressure. Topically, is used for pain, inflammation, and neuralgia.
7. **Honey** – for taste. Medicinally it is considered a natural antibiotic.

Where you can find...

1. **Herbal Tinctures:** natural health/food stores (Gaia Garden, Alive, Nutritional House, Choices, Surrey Natural Foods, Cornerstone, etc.), Wellness Trading Post (my clinic; need to be a patient), through a herbalists (in general, you need to be a patient).
2. **Bulk herbs:** natural health stores such as Gaia Garden, Alive, Surrey Natural Foods, Cornerstone, etc., Wellness Trading Post (my clinic, need to be a patient), through a herbalists (in general, you need to be a patient).
3. **Fresh organic ginger:** Natural Food stores such as Choices, Cornerstone, Pro-Organic, etc. some Save-On-Food and Superstore supermarkets.
4. **American ginseng:** Chinatown, a Chinese health/food store, possibly a natural health/food store, Wellness Trading Post (my clinic; not need to be a patient).
5. **Honey:** good quality honey (I recommend, unpasteurized honey from natural food stores or reputable supplier).
6. **“Life Drops”** tincture: Gaia Garden, Wellness Trading Post (my clinic; need to be a patient), through a herbalists (in general, you need to be a patient).
7. **“Link Breaker”** Bach Flower Essence formula: You can buy the individual flower essences from a natural health store and make the formula yourself (2 to 4 drops of each essence in 50 to 100 ml of your favor liquor). You can also buy the pre-mixed formula through Wellness Trading Post (my clinic; not need to be a patient), or a Bach Flower Essence practitioner.
8. **“Rescue” Bach Flower Remedy:** Natural health/food stores.

Web Links:

Gaia garden: <http://www.gaiagarden.com/>

Choices: <http://www.choices-market.com/>

Pro-organics: <http://www.proorganics.com/>

Nutrition House: <http://www.nutritionhouse.com/>

Wellness Trading Post Clinic: <http://www.wellnesstradingpost.com/>