

Medicinal home remedies

Medicinal herbal tea for blood and skin health and female health. Peppermint leaf, nettle leaf, red raspberry leaf, and sweet basil leaf all organic. Great for inflammation, digestion, rich in minerals and vitamin C also calms the nervous system and pms.

Bring 3 cups water to a boil, shut stove and add 1 teaspoon of each herb equal parts. Let it steep for 10 to 15 minutes before drinking. For best results drink one cup three times a day. Tastes great hot or cold. Add honey if you like and 1 green tea teabag if you like but it is not necessary. This tea is rich in antioxidants.