



Take Back Your Health
 Take Back the Love
 Take Back the Fun
 Take Back Your Faith
 A Health Ministry of the Philadelphia 7th Day
 Adventist Church, Burlington, NC

Herbal Teas to Keep You Healthy and Serene in 2019

By Renee Lea-Currie, Ph.D.
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New Year's Eve yielded yet another recall of over 80 different lot numbers of the blood pressure medicine Valsartan. *Aurobindo Pharma USA, Inc. is voluntarily recalling 80 lots of its valsartan tablets that might include N-nitrosodiethylamine (NDEA), which is classified as a possible human carcinogen.*

Herbal teas are infusions of plant parts including flowers, leaves, bark or roots in water. They can be served hot or cold. Herbal teas (or tisanes as Europeans call it) can be a healthy part of a natural remedies lifestyle to improve health when traditional Western medicine seems to fail.

Read below for some naturally caffeine-free herbal teas and their benefits. Check out the sampling table for samples of different herbal teas to improve your health.

Disclaimer: ALWAYS consult with your physician and /or pharmacist before initiating new treatments as some dietary and natural remedies may interfere with your medical treatment. DO NOT stop taking medicines without knowledge of your medical care professional.

Herbal Tea	Benefits
Chamomile	<ul style="list-style-type: none"> • Calm parasympathetic nervous system; calms anxiety • Relaxes muscles of intestines (good for gas, diarrhea, IBS, colic) • Anti-inflammatory • Aids in lowering blood sugar in diabetics • Contains anticoagulant compounds called coumarins
Cinnamon	<ul style="list-style-type: none"> • Calms stomach • Reduces gas and diarrhea • Improves cognitive speed and focus
Dandelion (flower)	<ul style="list-style-type: none"> • Helps weight loss (promoting breakdown of fat and cholesterol • High in bone building minerals calcium, zinc, iron and magnesium
Thyme	<ul style="list-style-type: none"> • Expectorant to loosen phlegm • Natural nasal decongestant-
Peppermint	<ul style="list-style-type: none"> • Known as the "stomach healer" :stomach aches, stomach pains, stomach cramps, heartburn, gas/flatulence, indigestion and diarrhea
Ginger	<ul style="list-style-type: none"> • Relaxes intestines • Calms nausea and gas • Potent anti-inflammatory
Catnip	<ul style="list-style-type: none"> • Reduces cramping and GI discomfort • Flushes out toxins by increasing perspiration (but not body temperature) • Calms nerves for relaxation/sedation
Hibiscus/Sorrel	<ul style="list-style-type: none"> • Reduces blood pressure (diuretic) • Decreases anxiety • High in Vitamin C • Reduces ability for body to absorb sugars
Hawthorn	<ul style="list-style-type: none"> • High in fiber • Natural energy booster/blood pressure reducer (expands blood vessels)
Hyssop	<ul style="list-style-type: none"> • Potent antioxidant and anti-inflammatory • Helps control blood sugar • Disinfectant (household cleaning)

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

Echinacea	<ul style="list-style-type: none"> • Reduces pulmonary illness such as bronchitis • Potent anti-inflammatory • Boost immune system function by increasing white blood cells which fights both viral and bacterial infections
Kava	<ul style="list-style-type: none"> • Helps reduce craving for smoking • High in fiber and kava lactones • Prevents urinary tract infections • Calms nerves and anxiety • Helps body eliminate other medicines
Tulsi (Holy Basil)	<ul style="list-style-type: none"> • Reduces stress (reduces cortisol) • Antitussive (helps relieving cough) ,expectorant , relieves congestion • Oral bacteria killer (bad breath treatment)
Valerian	<ul style="list-style-type: none"> • Sleep disorder treatment; Reduces anxiety and psychological stress
Fennel <i>Post-meal offering in restaurants</i>	<ul style="list-style-type: none"> • Nursing mother milk enhancer • Ancient treatment for kidney stones • Reduces effects of food poisoning; insect and snake bite treatment • Reduces acid reflux and heartburn • Diuretic to increase urine flow
Turmeric (curcumin)	<ul style="list-style-type: none"> • Antioxidant, anti-inflammatory, antiviral, antibacterial properties. • PAIN RELEIF- arthritis, tendonitis, wound healing • Regulate immune cell function against cancer.

H U O L O Q C V W A A R M K L
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- ACID REFLUX
- ANTIOXIDANT
- CANCER
- CATNIP
- CHAMOMILE
- CINNAMON
- DANDELION
- FENNEL
- GAS
- GINGER
- HAWTHORNE
- HEARTBURN
- HIBISCUS
- HYSSOP
- INFUSION
- KAVA
- NAUSEA
- SORREL
- TEA
- THYME
- TULSI
- TURMERIC
- VALERIAN

HEY! DID YOU KNOW?

- Herbal teas can cause allergic reactions. Always start with a low concentration
- Herbal teas can interfere with certain foods and/or medicines. Always check first.
- Chamomile can interfere with several medicines including aspirin, certain antidepressants, Theophylline, Coumadin, Tacrine (Alzheimer's treatment), Propranolol