



Ayurvedic Home Remedies: An Essential Guide to Ayurvedic Home Remedies for the Treatment of Common Ailments, Balance and Well Being

Ingrid Sen

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‘Herbal Tea’ looks to the bountiful elements of the earth, all the beautiful herbs, flowers, and leaves, for medicinal properties, relief from indigestion, reduced anxiety, and a better immune system. Each recipe in this book offers incredible, layered flavor. It turns to both familiar and unfamiliar herbs, introduces the incredible, hidden properties released behind each of the leaves, each of the flowers, and helps you better understand how you can incorporate them into your lifestyle. Understand that turning back toward the “root” of medicine—to the historical nature of Greek and Roman and Ancient Asia-based herbal teas—revokes the chemically-altered medicinal nature of today’s over-the-counter relief. Choose the natural way and fight the good fight with a warm cup of tea in your hands.

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