



# Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality

By Kathleen Brown, Jeanine Pollak

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A warm mug of strong tea was always grandma's solution to a bad day, and it turns out she may have been on to something! Discover the healing properties of herbal teas in this comprehensive guide to blending and brewing your own steamy concoctions. Kathleen Brown includes recipes for teas to care for the head, throat, gut, nervous system, lungs, bones, joints, and more. Whether you seek to soothe body, soul, or both, you'll find the perfect brew.

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## **Editorial Review**

### **Review**

"Herbal Herbalists Kathleen Brown and Jeanine Pollak present instructions and recipes for concocting herbal teas for good health and spirit. The instructions are simple to follow, and the recipes have catchy names, such as Raging Moods Tea, Heartthrob Cordial, Kiddie Calm, Hormone Helper, and Yummy Tummy-Tamer Tea. "Herbal Teas" is fun and easy to use. The aspiring herbalist will find information about gathering and storing herbs, and a 38-page reference section details the health benefits of 70 herbs. This book is beautifully designed - photographs abound on the inside, and the cover is virtually exciting. Display this 7.5-inch-square book by your cash register, because if customers open it, they will buy it." -- *Ultra Books, Oakland, NJ, January/February 2000.*

### **From the Back Cover**

#### **Taking Good Care of Yourself Has Never Been So Much Fun!**

Blending and brewing your own soothing, invigorating, healthy, or just plain delicious herbal teas is as good for the spirit as it is for the body! With *Herbal Teas*' simple instructions and recipes for every need, age, and life situation, even beginners can dive right in for the healing or just for the joy of it.

-- Languid Lemon Stress-Away Tea

-- Post-Potluck 911

-- Sniffle Buster Tea

-- PMS Blues-B-Gone Tea

-- Nurturing Prenatal Blend

-- Healthy Heart's Desire Tea

-- Strong Bones Tea

-- Raging Moods Tea

-- A Pimple's Worst Nightmare Tea

-- Anxiety-B-Gone Tea

You'll also find detailed descriptions of 70 tea herbs with health benefits and brewing instructions, plus profiles of 15 noted herbalists who share their favorite tea recipes.

### **About the Author**

Author Kathleen Brown is an herbal teacher, writer, and gardener. She is author of *Herbal Teas* and has served as president of the Rocky Mountain Unit of the Herb Society of America. She presently lives in

California.

Jeanine Pollak has been an herbalist, nutritionist, and consultant to businesses and interested individuals for 20 years. She is the founder of Botanic Adventures--An Educational Herbal Adventure-Travel Company. Educated in biology, acupuncture, and herbal studies, Jeanine has certainly pursued her interests fully and creatively. She has written a book filled with nutritious, energizing beverage recipes called Healing Tonics. Besides her work as an author--three books to date--Jeanine teaches ongoing herbal and nutritional seminars at the University of California, Santa Cruz, and at the Esalen Institute. She has also created and marketed her own line of herbal tinctures and cosmetics.

## Users Review

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#### **Walter Gagne:**

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**Mike Costello:**

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