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# Healing Herbal Teas: Learn To Blend 101 Specially Formulated Teas For Stress Management, Common Ailments, Seasonal Health, And Immune Support



## Synopsis

Freshly blended herbal teas offer more healing power than do pre-packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include Daily Adrenal Support, Inflammation Reduction, and Digestive Tonic. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs. This book is an enchanting and delectable guide to blending and brewing power-packed herbal teas at home.

## Book Information

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## Customer Reviews

“A splendid book that beautifully and poetically covers all aspects of herbal tea blending. As a tea blender myself, I was delighted to discover the depth and quality infused in Sarah Farr’s writing.”  
• Rosemary Gladstar, best-selling author and world-renowned educator, activist, and entrepreneur  
“Sarah Farr makes her personal tea-blending process accessible and empowering to all readers, from beginner to seasoned herbalist. This is a very thoughtful, thorough, and well-written resource for anyone interested in herbs, formulation, and the meditation that is a cup of tea.”  
• Alexis Durham, herbalist and instructor, Hawthorn Institute, Herb Pharm, and the Traditional Roots Institute at NUNM

Drink to Your Health Discover the healing power of herbs through the simple, satisfying process of blending your own delicious herbal teas. Promote healing and balance with remedies like Sore Throat Soother, Blood Pressure Support, and Postpartum Nourish Tea, or delight in more lighthearted and seasonal blends like Cardamom Rose Chai, Chocolatl, and Lemon Ginger Iced Tea. No matter what you're looking for, every one of these teas is designed to enchant the senses and nourish the body. Use fresh herbs for stronger medicine and better flavor; customize blends to get exactly what you need; and connect with the cycles of nature where you live.

Love this book. Just starting my herbal book collection so I don't have many to compare to yet. I do wish that it was easier to look up a specific remedy. For example, if you want a sleep aid tea, you might look up words like insomnia or sleep but it is under the word snooze. They are all categorized by the odd names she has given each tea. A little tricky.

This is an excellent book written with much thought, intelligence and warmth. It's even better than I'd hoped for, and it contains fantastic original herbal tea recipes. From start to finish, a lot of ground is covered. The author Sarah Farr, teaches you how to start your own herb garden, indoors or out. She explains the power of plants, the tea making process, blending different herbs, the difference between fair trade and direct trade, creating a good workspace, storing teas and herbs, how to make cold & hot infusions & decoctions, and training your taste buds. That's just the very beginning of the book too. There is so much more, and everything is described clearly, with empathy, and in depth. It's obvious that this woman knows her stuff and has had plenty of real life experience. She speaks honestly of her mistakes and is gentle in her encouragement. It's as if she's right there talking to you and guiding you in all the right ways. Then there are tons of amazing, well thought out recipes. They're all explained in vivid detail, and although some are for simple enjoyment, most of them have themes for the seasons, holidays, and also for strengthening our immune system, and helping us maintain good health and wellness. In each recipe, she explains why each herb is there, and what it's good for. She explains the taste, the herbal actions, and the different body systems that are affected by the recipe. However, I wish she had at least a quick reference section where she goes over a bunch of herbs that she believes are beneficial to our health, and the ones she likes the best. I like to be able to see and read about each herb and tea separately. In the end, like I said, she explains how to begin an herb garden. She explains harvesting herbs, drying them, garbling, and storing them. She talks about seeds and seed saving, and how she connects with a garden and the

wilderness around her. The language she uses and the way she describes everything is beautiful and her very real connection to nature is almost palpable. Healing Herbal Teas is thorough in its descriptions and directions, and is carefully researched and written. There is just this instant feeling you get from reading these words. The author is not just a good herbalist or just a good writer. She seems to truly have a good heart, lots of empathy and compassion, and an intricate understanding of how human bodies and minds work, as well as how herbs, plants and teas do. I'm very impressed by this book, and I'm absolutely inspired to get more into herbalism. I've been making natural wellness, health and body-care products and remedies, and I've come to a particular point now. I want to get more involved in the whole process. I believe starting a small indoor garden will keep it fairly simple, but it would give me a sense of accomplishment to be able to grow and nourish my own plants & herbs to use in my natural products and tea blends. This is all still a new world for me but it's fascinating and it's so good for the soul. There is really nothing negative about learning about herbs, plants and essential oils, and all the incredible remedies nature provides us with. Although modern medicine may be misguided in many ways, there are plenty of people who understand the amazing power of plants, and the importance of sticking to natural foods, drinks and skincare products. I hope future generations become more aware and more interested in preserving nature and living a more natural life of wellness. "Healing Herbal Teas" is an exceptional book that really inspires and captivates the reader. The photos are gorgeous, and the explanations are lively and easy to grasp. If you have health issues like auto-immune disorders, chronic fatigue syndrome, fibromyalgia, high cholesterol, depression, etc., this is a great book to have. The author is very much in tune to her own mind and body, and she seems very familiar with health struggles. She can help you heal yourself in a safe and natural way. This book is much more valuable than a bunch of modern doctor's appointments and toxic drugs. Well worth the money!

it is an okay book, a good introduction to some herbal tea formulations; skip it if you are experienced with herbs

I got this as a gift for my daughter. She loves the recipes and is starting a garden to make own blends. Very informative book for beginners to advanced tea drinkers. Thanks for a great book.

I really enjoyed this book. Lots of information. Liked it so much, I also bought the paperback version.

Very informative and love the recipes it comes with. Very good reference for beginners that want to

learn how to make their own herbal tea blends, what to do, what herbs to use, how to get, etc

fantastic book informative easy to understand and well written

very helpful book i havent gotten to the entire book just yet... but i tried out a recipe or two and they worked.. so saved me money at the drs

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