



# **Tea of Life Apothecary Nurse's Herbal Guidebook**



**Summer 2025 Edition:  
Calming & Restorative Herbs**

**Empowering your health naturally, one herb at a time**

# Returning to the Roots

## *Why This Guidebook Is Different*

If you've ever stood in your kitchen holding a cup of tea and thought, "**There has to be a simpler, more natural way to take care of my family...**"

You're not alone.

Every day at Tea of Life Apothecary, I meet people who feel the same way.

They're tired.

Tired of long medication lists.

Tired of side effects.

Tired of treating symptoms without ever addressing the root cause.

And deep down, many of them say something that always makes me smile: "*My grandma used to handle this with herbs.*" And you know what? They're right!

Before pharmacies were on every corner...

Before commercials told us what pill to ask our doctor for...

Before we lost confidence in our own ability to care for ourselves...

Families used **kitchen remedies, garden herbs, broths, teas, and rest.**

Simple.

Practical.

Effective.

And that's exactly what this guidebook is meant to help you rediscover.

When there are thousands of Herbal books to choose from..... Why Did I Create This Guide??

As a nurse with over 30 years in healthcare, I've seen both sides. I deeply value modern medicine – it saves lives every day. But I've also seen how we've lost something important: We've forgotten how to care for everyday health at home.

Not every headache needs a prescription.

Not every cough needs a pharmacy run.

Not every season of stress needs a medication.

Sometimes the body simply needs:

- Rest
- Nourishment
- Support
- Herbs
- Time

That's where herbal medicine shines.

Herbs don't override the body.

They **work with it.**

They gently support:

- the immune system
- digestion
- detoxification
- the nervous system
- and the body's natural healing processes

Instead of forcing change... they encourage balance.

## So, How Is This Guidebook Is Different?

There are thousands of herbal books out there.

Some are overwhelming.

Some feel clinical and complicated.

Some list 50 uses for every plant until you don't know where to start.

That's not helpful when your child wakes up coughing at 2 a.m. You don't need a textbook.

You need:

“What do I grab, and how do I use it?”

That's exactly how this guide is designed.

Each herb in this Nurse's Herbal Guidebook gives you:

- The top key benefits
- Simple ways to use it
- Easy recipes
- Practical safety notes
- Real-life applications

No fluff.

No complicated jargon.

Just clear, trustworthy information you can actually use.

Think of this as your **kitchen counter reference**, not a medical textbook.

# Returning to “Grandma & Grandpa’s Medicine”

Some of the best remedies aren’t new discoveries – they’re old wisdom we forgot. Here are a few stories that always make me smile:

## Chamomile “Grandma Tea”

Chamomile was often called “*the family calm-down tea.*”

Grandmothers would brew it after dinner for fussy babies, upset stomachs, and overtired parents alike.

One herb. Three problems solved. Everyone slept better. Simple. Effective. No side effects.

## Garlic Around the Neck

During flu season in parts of Europe, families would string garlic cloves into necklaces for children to wear to school. I know some of my school pictures were beyond embarrassing... could you imagine having a garlic necklace hanging off you in your school pics?

Did it look funny? Absolutely.

Did it work? Surprisingly often.

Garlic’s strong antimicrobial properties made it a household staple long before antibiotics existed. (Thankfully, today we can just add it to soup instead of wearing it )

## Mullein for the “Smoker’s Lung”

Appalachian herbalists used mullein leaf tea for anyone with chronic cough or lung congestion. It was known as the “lung herb,” often gathered from roadsides and dried in brown paper sacks. It cost nothing – but helped countless families breathe easier through winter.

## Nettle Spring Tonics

Nettle was once considered “poor man’s vitamins.” After long winters with limited fresh foods, families brewed nettle infusions to rebuild strength and energy. Packed with minerals like iron, calcium, and magnesium – it was nature’s multivitamin before supplements existed.

These weren’t fancy remedies. They were simply **what people had access to**. And they worked!

# Our Heart at Tea of Life Apothecary

At Tea of Life Apothecary here in Chillicothe, Ohio, everything we create comes back to one mission:

Helping people feel empowered, not dependent.

We don't want you to feel like your health is out of your hands. We want you to feel confident saying: "I've got this. I know what to do." Because you should.

God designed our bodies with the ability to heal — and He provided plants to support that process. Herbs are simply one of the tools He gave us.

## A Gentle Reminder

This guide is not about rejecting modern medicine.

It's about:

- using herbs first when appropriate
- supporting your body daily
- preventing problems before they start
- and knowing when higher levels of care are truly needed

It's about balance.

Old wisdom + modern knowledge.

Kitchen remedies + clinical understanding.

Grandma's tea + nurse's training.

That's the heart behind everything we do.

My hope is that as you turn these pages, you'll begin to build your own herbal cabinet — slowly, confidently, and intentionally.

A jar of elderberry.

A bag of nettle.

A calming evening tea.

A simple broth simmering on the stove.

Small things.

But small things, done consistently, change everything.

Let's get back to the roots — together.



# How to Make an Herbal Tea (Infusion)

A simple cup of tea is the easiest way to begin using herbs medicinally.

**Measure:** Use about 1–2 teaspoons of dried herb (or 2–3 teaspoons if using fresh herb) per 8 ounces of hot water.

**Steep:** Pour hot (just-boiled) water over the herb. Cover with a lid to keep the essential oils from escaping.

**Time:** Steep for 5–10 minutes for leaves and flowers, or 15–20 minutes for roots and barks.

**Strain & Enjoy:** Strain out the herbs, sip slowly, and breathe deeply.

**Nurse's Note:** Consistency matters! Herbal teas often work best when enjoyed daily or over time rather than as a one-time quick fix.



## How to Make a Simple Herbal Tincture

Tinctures are concentrated herbal extracts preserved in alcohol. They're shelf-stable and easy to use for daily support.

**Prepare:** Fill a clean glass jar about  $\frac{1}{2}$  to  $\frac{3}{4}$  full with dried herbs (or  $\frac{3}{4}$  to completely full with fresh herbs).

**Add Alcohol:** Cover completely with 80–100 proof vodka or brandy, ensuring the herbs are submerged by at least 1–2 inches.

**Label & Store:** Label with the herb name and date. Seal tightly. Store in a cool, dark place for 4–6 weeks, shaking gently every few days.

**Strain & Bottle:** After 4–6 weeks, strain the herbs through a cheesecloth. Transfer the liquid tincture into clean dropper bottles. Label clearly.

**Use:** Typical dose is 1–2 dropperfuls (about 30–60 drops) in water, tea, or under the tongue, depending on the herb and your needs. Always follow safe dosage guidelines or consult your trusted herbalist or healthcare provider.



# Lavender

**Botanical Name: *Lavandula angustifolia***

## Key Benefits

### 1. Calms the Nervous System

Lavender has a gentle sedative effect, helping to quiet the mind and reduce overstimulation.

### 2. Reduces Anxiety and Stress

Studies show lavender can reduce feelings of anxiety, promote emotional balance, and improve overall mood when used internally or aromatically.

### 3. Supports Restful Sleep

Its calming properties promote deeper, more restorative sleep by reducing nighttime restlessness and mental chatter.

### 4. Eases Tension Headaches

Lavender's antispasmodic and relaxing effects can relieve headaches caused by muscle tension or stress.

### 5. Relieves Muscle Tightness and Pain

Used topically or in baths, lavender soothes sore, tight muscles and reduces minor pain from tension or overuse.

### 6. Supports Heart Health

Lavender may help reduce blood pressure and heart rate due to its calming impact on the nervous system.

### 7. Provides Antimicrobial Benefits

Its essential oil has natural antibacterial and antifungal properties, supporting skin health and reducing minor infections when used appropriately.

### 8. Aids Digestive Comfort

Lavender can help reduce digestive spasms, gas, and bloating when taken as a tea.

## 9. Supports Respiratory Health

Inhaling lavender steam or aroma can ease mild congestion and promote relaxed breathing.

## 10. Nourishes Skin Health

Lavender can calm irritated skin, support wound healing, and reduce redness or inflammation when diluted for topical use.

## How to Use Lavender

### Bedtime Tea Infusion:

Steep **1-2 teaspoons of dried lavender flowers** in **8 ounces of hot water** for **5-7 minutes**. Sip before bed to calm the mind and prepare for restful sleep.

### Bath Soak:

Add **½ cup of dried lavender flowers** directly to warm bathwater or in a muslin bag tied to the faucet. This calms the body, reduces stress, and soothes sore muscles.

### Herbal Steam for Tension Relief:

Place **a handful of dried lavender flowers** in steaming hot water. Cover your head with a towel, inhale deeply for a few minutes to ease headaches, open sinuses, and reduce tension.

### Essential Oil Diffusion:

Diffuse **3-5 drops** of lavender essential oil to create a calming environment, reduce anxiety, and uplift mood.

### Topical Oil Application:

Dilute **2-3 drops of lavender essential oil** in a teaspoon of carrier oil (like coconut or almond oil). Massage onto temples, neck, or sore muscles for relaxation and pain relief.

## Lavender Lemonade Recipe

This refreshing herbal lemonade combines lavender's calming benefits with the bright zest of lemon for hydration and gentle detox support.

### Ingredients:

- 1 cup raw honey (or adjust to taste)
- 5 cups water (divided)
- ¼ cup dried culinary lavender flowers
- 1 cup freshly squeezed lemon juice (about 4-6 lemons)

### Instructions:

1. Bring **2½ cups of water** to a gentle boil. Remove from heat and add **lavender flowers**. Cover and steep for **10-15 minutes**.
2. Strain, pouring lavender infusion into a pitcher.
3. Add **honey** while warm, stirring until dissolved.
4. Add **lemon juice** and the remaining **2½ cups cold water**. Stir well.
5. Refrigerate until chilled. Serve over ice with a lemon slice and lavender sprig for garnish.

### Clinical Note (Nurse's Tip):

Lavender is generally safe in culinary amounts. Avoid high doses internally during pregnancy. Always use **culinary-grade lavender** when preparing food or drinks to avoid pesticide exposure.

*We include lavender in several of our calming tea blends for holistic nervous system support. Explore these blends in our shop to integrate lavender's soothing benefits into your daily rituals.*



**Notes:**



# Chamomile

**Botanical Name: *Matricaria recutita***

## Key Benefits

### 1. Soothes Digestive Upset and Bloating

Chamomile relaxes smooth muscle in the digestive tract, easing cramping, gas, indigestion, and bloating after meals.

### 2. Promotes Gentle Relaxation and Sleep

Chamomile's mild sedative effects help reduce anxiety, calm the nervous system, and support deeper, more restful sleep.

### 3. Calms Irritated Skin

Used topically, chamomile soothes inflamed, irritated, or sensitive skin, promoting healing for rashes, eczema, and minor wounds.

### 4. Reduces Anxiety and Emotional Stress

Chamomile's calming compounds can ease anxious thoughts, emotional tension, and mental overstimulation.

### 5. Eases Menstrual Discomfort

By relaxing uterine muscles, chamomile tea may reduce menstrual cramping and discomfort.

### 6. Supports Immune Health

Chamomile has mild antibacterial and immune-supportive properties, helpful during colds or flu.

### 7. Relieves Mild Pain and Inflammation

Its anti-inflammatory effects reduce discomfort from headaches, muscle tension, or joint aches.

### 8. Supports Oral Health

Chamomile mouth rinses can soothe inflamed gums and reduce oral bacteria.

## 9. Supports Respiratory Comfort

Inhaling chamomile steam can ease sinus congestion and soothe irritated respiratory passages.

## 10. Gentle for Children

Chamomile is traditionally used for children's colic, teething discomfort, and restlessness (always ensure proper dosing and consult a qualified practitioner).

## How to Use Chamomile

### Digestive Tea:

Steep **1-2 teaspoons of dried chamomile flowers** in **8 ounces of hot water** for **5-10 minutes**. Sip slowly after meals to ease digestion, reduce bloating, and calm the gut.

### Bedtime Relaxation Tea:

Prepare as above and drink **30-60 minutes before bed** to promote relaxation and deeper sleep.

### Skin Compress:

Steep a strong chamomile tea, cool slightly, soak a clean cloth, and apply as a compress to irritated or inflamed skin areas for soothing relief.

### Facial Steam for Sinus & Skin Health:

Add **a handful of chamomile flowers** to a bowl of steaming water. Cover your head with a towel and inhale the steam for **5-10 minutes** to ease congestion and refresh skin.

### Chamomile Bath Soak:

Add **½ cup dried chamomile flowers** to a muslin bag and place in warm bathwater to calm the skin and promote relaxation.

### Mouth Rinse:

Use cooled chamomile tea as a gentle mouth rinse to soothe irritated gums or oral tissues.

## Chamomile Sleepy Time Latte Recipe

Enjoy this soothing evening latte to wind down your day and prepare for restorative sleep.

### Ingredients:

- 1 cup milk of choice (dairy, oat, almond, or coconut)
- 1 tablespoon dried chamomile flowers (or a chamomile tea bag)
- 1 teaspoon raw honey (optional)
- Sprinkle of cinnamon (optional)

### Instructions:

1. Warm **1 cup of milk** in a small saucepan over low heat until steaming but not boiling.
2. Remove from heat. Add **chamomile flowers** (or tea bag). Cover and steep for **5-10 minutes**.
3. Strain out chamomile flowers.
4. Stir in **raw honey** for sweetness and sprinkle with cinnamon if desired.
5. Pour into your favorite mug, inhale the calming aroma, and sip slowly before bed.

### Clinical Note (Nurse's Tip):

Chamomile is generally safe for most people. However, avoid if you have known allergies to **plants in the Asteraceae family (e.g. ragweed, chrysanthemums, marigolds)** as allergic reactions can occur.

*Chamomile is a foundational herb in our Sleep & Digestive blends, supporting your body's natural rhythms with gentle care. Explore our blends to integrate chamomile's calming benefits into your daily routine.*



# Ashwagandha

**Botanical Name: Withania somnifera**

## Key Benefits

### 1. Adaptogen for Stress Resilience

Ashwagandha helps the body adapt to physical, emotional, and environmental stress, promoting overall balance.

### 2. Supports Adrenal Health

By nourishing adrenal glands, it helps regulate cortisol levels, reducing symptoms of adrenal fatigue and burnout.

### 3. Enhances Energy and Vitality

Ashwagandha increases energy without being stimulating, supporting endurance and vitality for those feeling depleted.

### 4. Improves Mood and Reduces Anxiety

Studies show ashwagandha can lower cortisol and perceived stress levels, improving mood, calmness, and emotional wellbeing.

### 5. Supports Restful Sleep

While energizing overall, it also promotes relaxation and better sleep quality by calming the nervous system.

### 6. Strengthens Immune Function

Ashwagandha enhances immune response, supporting resilience against illness and chronic inflammation.

### 7. Balances Thyroid Function

It may support healthy thyroid hormone production, beneficial for those with suboptimal thyroid function (always consult your provider).

### 8. Enhances Cognitive Function

Ashwagandha supports focus, memory, and mental clarity, reducing brain fog caused by stress or fatigue.

## 9. Supports Blood Sugar Balance

It can aid in stabilizing blood sugar levels, beneficial for metabolic health when combined with dietary measures.

## 10. Supports Reproductive Health

Traditionally used to enhance libido, reproductive vitality, and hormonal balance in both men and women.

## How to Use Ashwagandha

### Daily Tea:

Steep **½ to 1 teaspoon of ashwagandha root powder** in **8-10 ounces of hot water or warm milk** for **5-10 minutes**. Strain if desired and drink daily to build stress resilience and vitality.

### Adaptogenic Golden Milk:

Mix **½ teaspoon ashwagandha powder** with **½ teaspoon turmeric**, a pinch of black pepper, and **8 ounces of warm milk of choice**. Sweeten with raw honey. Drink in the evening to relax the nervous system and nourish adrenal health.

### Tincture:

Take **1-2 dropperfuls (30-60 drops)** of ashwagandha tincture daily under the tongue or in a small amount of water, as recommended on the label.

### Capsules:

When convenient, ashwagandha is available in capsule form for standardized dosing (follow package directions).

# Ashwagandha Adaptogenic Energy Balls Recipe

A nourishing snack to build stress resilience and sustained energy.

## Ingredients:

- 1 cup rolled oats
- ½ cup nut butter (almond, peanut, or cashew)
- ¼ cup raw honey or maple syrup
- 2 tablespoons ashwagandha powder
- ¼ cup cacao nibs or dark chocolate chips
- 1 teaspoon cinnamon
- Pinch of sea salt

## Instructions:

1. In a bowl, mix **nut butter and honey/maple syrup** until smooth.
2. Add **ashwagandha powder, cinnamon, and sea salt**. Stir to combine.
3. Fold in **oats and cacao nibs/chocolate chips** until mixture holds together.
4. Roll into small balls and refrigerate for at least **30 minutes** before eating.
5. Store in an airtight container in the fridge for up to **1 week**.

## Clinical Note (Nurse's Tip):

Ashwagandha is generally safe for most people when used appropriately. Avoid during pregnancy without practitioner guidance. Those with hyperthyroidism or on thyroid medications should consult their provider before use due to potential thyroid-stimulating effects.

*Explore our Calm Brain tincture featuring Ashwagandha for daily stress resilience and nervous system support.*



**Notes:**



# Licorice Root

**Botanical Name: Glycyrrhiza glabra**

## Key Benefits

### 1. Soothes Sore Throats and Coughs

Licorice root coats and soothes irritated mucous membranes in the throat, reducing pain and discomfort from coughs or infections.

### 2. Supports Adrenal Function and Energy Levels

Licorice helps prolong the action of cortisol in the body, supporting those with adrenal fatigue and low energy when used appropriately.

### 3. Eases Digestive Inflammation

Its demulcent (soothing) and anti-inflammatory properties help calm gastritis, heartburn, ulcers, and intestinal irritation.

### 4. Acts as an Expectorant

Licorice can help loosen and expel mucus from the lungs, supporting respiratory health during colds and congestion.

### 5. Supports Immune Function

It has antiviral, antibacterial, and immune-modulating properties, supporting the body's defenses against infection.

### 6. Balances Hormones

Licorice contains phytoestrogens that may help balance estrogen levels in the body, supporting hormonal health in some women.

### 7. Protects Liver Health

Traditional use includes supporting liver detoxification and protecting liver cells from damage.

### 8. Anti-inflammatory Actions

Licorice root reduces inflammation throughout the body, supporting joint, gut, and respiratory health.

## 9. Supports Oral Health

Licorice has been shown to reduce oral bacteria, helping with mouth ulcers and gum inflammation.

## 10. Uplifts Mood and Mental Clarity

By supporting adrenal health and energy, licorice root can indirectly enhance mood and mental alertness..

## How to Use Licorice Root

### Tea Infusion for Throat and Digestion:

Steep  $\frac{1}{2}$  - **1 teaspoon of dried licorice root slices or powder** in **8 ounces of hot water** for **5-7 minutes**. Sip slowly to soothe a sore throat or digestive discomfort.

### Herbal Throat Soother Tea Blend:

Combine **licorice root, slippery elm, and marshmallow root** for a powerful throat-coating tea during coughs, colds, or voice strain.

### Digestive Relief Decoction:

Simmer **1 teaspoon of dried licorice root** in **8 ounces of water** for **10-15 minutes** to extract its full soothing and anti-inflammatory properties. Strain and drink warm.

### Licorice Tincture:

Take **30-60 drops** in a small amount of water as needed for adrenal support or digestive inflammation (follow product instructions).

## Licorice Root Throat Soother Tea Recipe

A simple herbal tea to ease sore throats and calm coughs.

### Ingredients:

- 1 teaspoon dried licorice root
- 1 teaspoon dried marshmallow root
- ½ teaspoon dried ginger (optional for warming action)
- 8-10 ounces hot water

### Instructions:

1. Combine herbs in a mug or teapot.
2. Pour **hot water (just off boil)** over the herbs.
3. Cover and steep for **10-15 minutes**.
4. Strain and sip slowly, allowing the soothing properties to coat the throat.

### Clinical Note (Nurse's Tip):

Licorice root is generally safe for short-term use and in small amounts. **However, avoid prolonged use or high doses** if you have **high blood pressure, heart conditions, kidney disease, or are pregnant**, as it can raise blood pressure and cause fluid retention. Consult your healthcare provider before use if you have these conditions or take related medications.

*We include licorice root in our “cold and flu tea blends” for its powerful soothing, immune-supportive, and anti-inflammatory benefits. Explore this blend for comprehensive viral support and throat health*



# Peppermint

**Botanical Name: *Mentha piperita***

## Key Benefits

### 1. Relieves Digestive Discomfort

Peppermint relaxes the muscles of the digestive tract, reducing cramping, gas, bloating, and indigestion after meals.

### 2. Eases Nausea

The menthol in peppermint can calm the stomach and reduce feelings of nausea, including motion sickness.

### 3. Clears Nasal Congestion

Inhaling peppermint's menthol vapors helps open nasal passages and sinuses, promoting easier breathing during colds or allergies.

### 4. Soothes Headaches

Peppermint's cooling effect relieves tension headaches and migraines when applied topically to temples or neck.

### 5. Provides a Cooling, Invigorating Effect

Peppermint refreshes the body and mind, increasing alertness while calming digestive or respiratory discomfort.

### 6. Supports Oral Health

Peppermint has antibacterial properties that freshen breath and reduce oral bacteria.

### 7. Mild Pain Relief

Topical peppermint oil can provide relief from sore muscles, joint pain, or minor aches due to its analgesic and anti-inflammatory effects.

### 8. Supports Respiratory Health

Peppermint acts as a mild bronchodilator, opening airways and supporting easier breathing.

## **9. Enhances Mental Clarity**

The invigorating scent of peppermint increases focus, concentration, and mental alertness.

## **10. Acts as an Antimicrobial**

Its antibacterial and antiviral properties help reduce pathogen load in the body when used appropriately.

## **How to Use Peppermint**

### **After-Meal Digestive Tea:**

Steep **1-2 teaspoons of dried peppermint leaves** in **8 ounces of hot water** for **5-10 minutes**. Drink warm to ease bloating, gas, and digestive discomfort.

### **Nausea Relief Tea:**

Combine **peppermint and ginger** for a powerful anti-nausea tea. Steep as above and sip slowly when feeling queasy.

### **Steam Inhalation for Congestion:**

Place **a handful of dried peppermint leaves** or **a few drops of peppermint essential oil** in a bowl of hot steaming water. Cover your head with a towel and inhale deeply for **5-10 minutes** to open sinuses and ease congestion.

### **Headache Relief Oil:**

Dilute **2-3 drops of peppermint essential oil** in a teaspoon of carrier oil (coconut or almond oil). Massage gently onto temples, forehead, or back of neck for cooling headache relief.

### **Muscle Soreness Rub:**

Combine **peppermint essential oil** with a carrier oil and massage into sore muscles for pain relief and cooling comfort.

## Peppermint Iced Tea Recipe

A refreshing, digestive-supportive beverage for summer hydration and gut health.

### Ingredients:

- ¼ cup dried peppermint leaves (or 4-5 peppermint tea bags)
- 4 cups hot water
- Raw honey or stevia to taste (optional)
- Lemon slices for garnish

### Instructions:

1. Bring **4 cups of water** to a boil. Remove from heat.
2. Add **peppermint leaves or tea bags**. Cover and steep for **10-15 minutes**.
3. Strain tea and let cool to room temperature.
4. Refrigerate until chilled. Serve over ice with fresh lemon slices for added zest.

### Clinical Note (Nurse's Tip):

Peppermint is generally safe for most people when used appropriately. Avoid peppermint essential oil use in young children under 6 without practitioner guidance due to risk of respiratory distress.

*Our digestive blends often include peppermint for its soothing, cooling, and refreshing qualities. Explore these blends to support your gut health and overall vitality.*



**Notes:**



# **Tea of Life Apothecary's Nurse's Herbal Guidebook**

**Fall 2025 Edition:**

**Healing Herbs**

**Empowering your health naturally, one herb at a time**



## Happy Fall Y'all

As the air turns crisp and the leaves begin to fall, it's the perfect season to focus on strengthening the body's defenses and nurturing resilience.

**Autumn reminds us of both letting go and preparing—releasing what no longer serves us** while building up the nourishment and protection we'll need through the colder months ahead.

In this edition, we'll explore five powerful herbs—**Tulsi, Oregano, Clove, Garlic, and Olive Leaf**—each chosen for their remarkable ability to support the immune system, fight off seasonal challenges, and restore balance in body and spirit. Our goal is to provide you with simple, practical knowledge so you can confidently stock your own herbal cabinet and incorporate these remedies into your daily wellness routines.

Whether you're sipping a comforting tea, preparing a kitchen remedy, or learning new ways to strengthen your immunity naturally, this guide is designed to empower you with the tools and wisdom of herbal medicine—rooted in both tradition and modern understanding.

Let's journey together into fall, equipped with the healing gifts of the plants God has provided.





# Tulsi (Holy Basil)

**Botanical Name:** *Ocimum sanctum*

## Key Benefits

### 1. Adaptogen for Stress Support

Tulsi helps the body manage stress, balancing cortisol levels and supporting emotional resilience.

### 2. Supports Immune Function

Tulsi contains antioxidants and bioactive compounds that help the body defend against seasonal infections.

### 3. Enhances Respiratory Health

It helps clear the lungs, reduce congestion, and support easier breathing during colds and allergies.

### 4. Promotes Healthy Digestion

Tulsi aids digestion, eases bloating, and supports gut health.

### 5. Anti-Inflammatory Properties

It helps reduce systemic inflammation, supporting joint, gut, and cardiovascular health.

### 6. Supports Cardiovascular Health

Tulsi may help maintain healthy blood pressure and cholesterol levels.

### 7. Supports Mental Clarity

The calming and uplifting properties improve focus, alertness, and cognitive function.

### 8. Balances Mood

Regular use may help ease mild anxiety and promote emotional equilibrium.

### 9. Provides Antioxidant Protection

Tulsi helps neutralize free radicals, supporting overall cellular health.

### 10. Supports Detoxification

It aids liver function and natural detox processes in the body.

# How to Use Tulsi

## **Stress-Relief Tea:**

Steep 1–2 teaspoons of dried tulsi leaves in 8 ounces of hot water for 5–10 minutes. Drink warm to ease stress and support immunity.

## **Tulsi & Ginger Tea for Cold Support:**

Combine tulsi with fresh or dried ginger. Steep as above to relieve congestion and boost respiratory health.

## **Tulsi Steam Inhalation:**

Add a handful of tulsi leaves to a bowl of steaming water. Cover your head with a towel and inhale for 5–10 minutes to open nasal passages.

## **Tulsi Tincture:**

Take 30–60 drops in water daily to build resilience to stress and support immunity.

## **Tulsi Lemon Honey Tea Recipe**

### **Ingredients:**

- 1 tablespoon dried tulsi leaves
- 8 oz hot water
- 1 teaspoon raw honey
- Lemon wedge

### **Instructions:**

1. Steep tulsi leaves in hot water for 5–10 minutes.
2. Strain leaves, add honey and lemon.
3. Sip slowly and enjoy the calming aroma.

### **Clinical Note (Nurse's Tip):**

Tulsi is generally safe for most adults. Use caution in pregnant or breastfeeding women, and consult a healthcare provider if taking thyroid or anticoagulant medications.





**Notes:**



# Oregano

**Botanical Name:** *Origanum vulgare*

## Key Benefits

### 1. Supports Immune Function

Oregano contains potent antioxidants and compounds that help the body fight infections.

### 2. Antimicrobial Properties

It has antibacterial, antiviral, and antifungal effects, helpful during cold and flu season.

### 3. Respiratory Support

Oregano can reduce mucus, soothe irritated respiratory tissues, and ease congestion.

### 4. Digestive Health

It promotes healthy gut flora and helps reduce bloating or digestive discomfort.

### 5. Anti-Inflammatory

Oregano's compounds help reduce systemic inflammation.

### 6. Antioxidant Protection

Protects cells from oxidative stress.

### 7. Supports Cardiovascular Health

May help maintain healthy blood pressure and cholesterol levels.

### 8. Relieves Mild Pain

Topical oregano oil may ease muscle or joint discomfort.

### 9. Immune System Balancing

Regular use can help prepare the body for seasonal challenges.

### 10. Culinary & Therapeutic Use

Oregano is versatile both in cooking and in teas, providing wellness benefits daily.

## How to Use Oregano

### Oregano Tea for Immunity:

Steep 1 teaspoon dried oregano in 8 ounces hot water for 5–10 minutes. Sip during cold season.

### Oregano Steam Inhalation:

Add a teaspoon of oregano leaves to steaming water, inhale deeply for sinus relief.

### Oregano Tincture:

Take 30–60 drops in water or tea for immune support.

### Culinary Use:

Add dried oregano to soups, sauces, or roasted vegetables to gain both flavor and medicinal benefits.

## Oregano Immune Tea Recipe

### Ingredients:

- 1 teaspoon dried oregano
- 1 teaspoon dried thyme (optional)
- 8 oz hot water
- Honey to taste

### Instructions:

1. Steep herbs in hot water for 5–10 minutes.
2. Strain and sweeten with honey if desired.
3. Sip warm to support immune health.

### Clinical Note (Nurse's Tip):

Oregano is potent; avoid large doses for extended periods without practitioner guidance. Not recommended in high doses during pregnancy.





# Clove

**Botanical Name:** *Syzygium aromaticum*

## Key Benefits

### 1. Antimicrobial Properties

Clove contains eugenol, a powerful antibacterial, antiviral, and antifungal compound.

### 2. Supports Oral Health

Helps reduce tooth and gum discomfort and oral bacteria.

### 3. Digestive Support

Clove aids digestion, reduces bloating, and soothes gas or stomach upset.

### 4. Respiratory Relief

Eases coughs, clears mucus, and supports lung health.

### 5. Anti-Inflammatory

Reduces systemic and localized inflammation.

### 6. Antioxidant Protection

Protects cells from oxidative stress.

### 7. Pain Relief

Eugenol provides mild analgesic effects, useful for toothaches or sore muscles.

### 8. Supports Immune System

Enhances body's defenses during seasonal changes.

### 9. Promotes Circulation

Supports cardiovascular health and blood flow.

### 10. Aromatic & Calming

The warm aroma of cloves can uplift mood and provide emotional comfort.



## How to Use Clove

### Clove Tea:

Steep 2–3 whole cloves in 8 ounces hot water for 5–10 minutes. Drink warm to ease digestive or respiratory discomfort.

### Clove Oil for Oral Health:

Dilute 1 drop of clove essential oil in a teaspoon of carrier oil for toothache relief.

### Clove Tincture:

Take 30–60 drops in water or tea to support immunity.

### Spice in Cooking:

Use whole or ground cloves in teas, baked goods, or savory dishes to gain both flavor and medicinal benefit.

## Clove Warming Tea Recipe

### Ingredients:

- 2–3 whole cloves
- 1 cinnamon stick
- 8 oz hot water
- Honey to taste

### Instructions:

1. Steep cloves and cinnamon stick in hot water for 10 minutes.
2. Strain and add honey if desired.
3. Sip slowly for digestive and respiratory support.

### Clinical Note (Nurse's Tip):

Use clove moderately; concentrated oil can be irritating to mucous membranes or skin. Avoid ingestion in large amounts during pregnancy.



# Garlic

**Botanical Name:** *Allium sativum*

## Key Benefits

### 1. Immune Support

Garlic strengthens the body's defenses against infections.

### 2. Antimicrobial Properties

Acts as a natural antibacterial, antiviral, and antifungal agent.

### 3. Cardiovascular Health

Helps maintain healthy blood pressure, cholesterol, and circulation.

### 4. Respiratory Support

Clears mucus, eases coughs, and supports lung health.

### 5. Anti-Inflammatory

Reduces systemic inflammation and supports overall wellness.

### 6. Digestive Health

Supports gut flora and improves digestive function.

### 7. Antioxidant Properties

Protects against oxidative stress and free radical damage.

### 8. Blood Sugar Regulation

May help maintain healthy blood glucose levels.

### 9. Detoxification Support

Supports liver function and elimination pathways.

### 10. Culinary Versatility

Easy to incorporate into everyday cooking for both flavor and medicinal benefits.



## How to Use Garlic

### Raw or Cooked:

Add 1–2 cloves daily to meals, lightly crushed or chopped to retain active compounds.

### Garlic Tea:

Steep 1–2 crushed garlic cloves in hot water for 5 minutes. Add honey or lemon to improve taste.

### Garlic Tincture:

Take 30–60 drops in water daily to support immune and cardiovascular health.

## Garlic Immune Boost Tea Recipe

### Ingredients:

- 1–2 cloves crushed garlic
- 8 oz hot water
- 1 teaspoon honey
- Lemon slice

### Instructions:

1. Steep crushed garlic in hot water for 5 minutes.
2. Strain, add honey and lemon.
3. Drink slowly to support immunity and respiratory health.

### Clinical Note (Nurse's Tip):

Garlic may interact with blood-thinning medications. Use caution if pregnant, breastfeeding, or on anticoagulants.





# Olive Leaf

**Botanical Name:** *Olea europaea*

## Key Benefits

### 1. Supports Immune System

Olive leaf contains oleuropein, a compound that helps fight infections naturally.

### 2. Antimicrobial Properties

Helps combat bacteria, viruses, and fungi.

### 3. Cardiovascular Health

Supports healthy blood pressure, cholesterol, and circulation.

### 4. Anti-Inflammatory

Reduces inflammation throughout the body.

### 5. Antioxidant Protection

Protects cells from oxidative stress and free radical damage.

### 6. Supports Metabolic Health

Helps maintain healthy blood sugar levels.

### 7. Respiratory Support

Supports lungs and upper respiratory system during seasonal challenges.

### 8. Detoxification Support

Supports liver and kidney function.

### 9. Promotes Healthy Skin

Topical use can soothe irritated skin and support wound healing.

### 10. Herbal Tincture Friendly

Olive leaf is ideal for making immune-supporting tinctures at home.

## How to Use Olive Leaf

### Olive Leaf Tea:

Steep 1–2 teaspoons dried olive leaves in 8 oz hot water for 10 minutes. Drink warm to support immunity.

### Olive Leaf Tincture:

Take 30–60 drops in water daily for immune and cardiovascular support.

### Herbal Blend:

Combine with echinacea, elderberry, or garlic for seasonal immune teas.

## Olive Leaf Immune Tea Recipe

### Ingredients:

- 1 teaspoon dried olive leaf
- 1 teaspoon dried echinacea (optional)
- 8 oz hot water
- Honey to taste

### Instructions:

1. Steep herbs in hot water for 10 minutes.
2. Strain, sweeten with honey, and sip slowly.

### Clinical Note (Nurse's Tip):

Olive leaf is generally safe for most adults. Pregnant or breastfeeding women should consult a healthcare provider.





By exploring Tulsi, Oregano, Clove, Garlic, and Olive Leaf, you've taken a meaningful step toward building your own home herbal cabinet and embracing seasonal wellness naturally.

This guide is designed to empower you with practical, nurse-curated knowledge—giving you the confidence to use herbs safely alongside healthy eating, clean living, and mindful self-care. Each herb featured here has a rich history of traditional use, supported by modern understanding, to help you support immunity, digestion, respiratory health, and overall resilience this autumn.

Because many of these fall herbs have strong, bold flavors, one of the most nourishing ways to enjoy them is by adding them into a chicken, vegetable, or bone broth. This transforms your herbal preparation into a comforting soup base that delivers both warmth and wellness—perfect for chilly days when your body needs extra support.

## **Your Next Steps**

**Practice:** Try the teas, tinctures, and recipes shared in this edition—or experiment with broths and soups as a creative way to enjoy stronger herbs.

**Collect:** Store this guide in your personal Tea of Life Apothecary – Nurse's Herbal Guidebook binder. Over time, your collection will become a trusted seasonal reference.

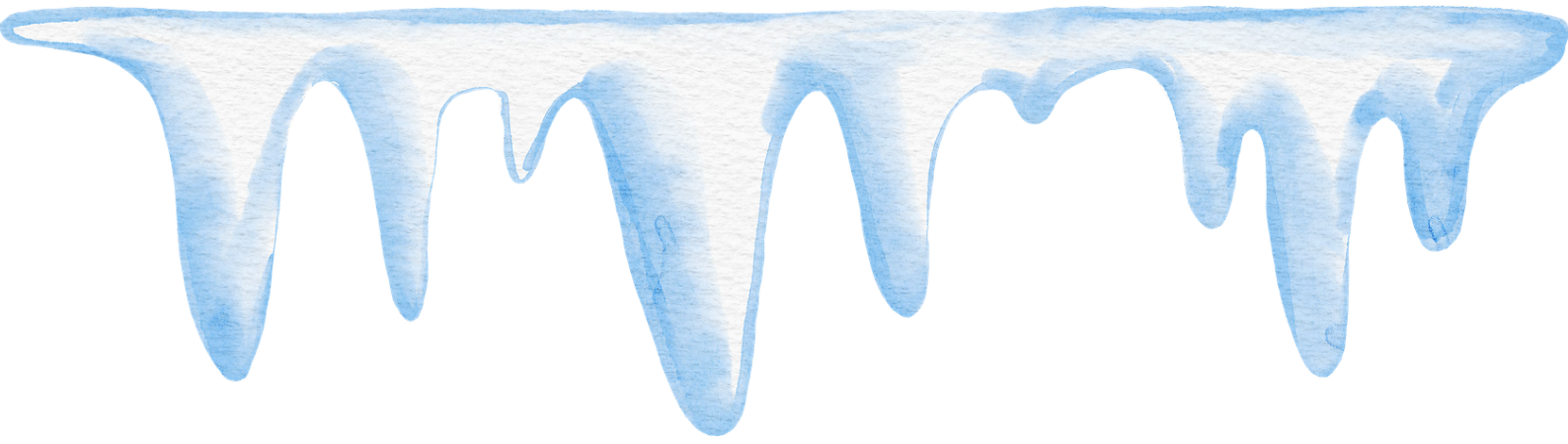
**Stay Connected:** Look forward to the Winter Edition, coming soon, where we'll explore herbs for immunity, circulation, and gentle detox—perfect for navigating the colder months with strength and vitality.

**Share & Inspire:** If this guide has helped you, consider sharing it with family and friends. Together, we can spread the wisdom of safe, nurse-led herbal

wellness.



**Notes:**

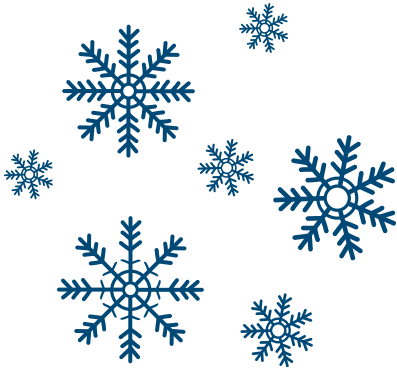


# **Tea of Life Apothecary's Nurse's Herbal Guidebook**

**Winter 2026 Edition:**

**Healing Herbs**

**Empowering your health naturally, one herb at a time**



## Welcome Winter Wellness

As the days grow shorter and the air turns cold, winter invites us to slow down, draw inward, and protect our energy. This is the season for deep nourishment, warm mugs in our hands, simmering broths on the stove, and intentional care of the lungs, immune system, and nervous system.

Winter naturally places more demand on the body. Cold air can irritate our respiratory tract, seasonal illnesses circulate more freely, and many of us feel run down or depleted. Rather than simply reacting when sickness appears, this season encourages us to **strengthen, soothe, and fortify the body ahead of time.**

In this edition, we'll explore five gentle yet powerful allies—**Mullein, Elderberry, Marshmallow Root, Lobelia, and Nettle**—each chosen for their unique ability to support the lungs, calm irritated tissues, nourish the body with minerals, and strengthen immune defenses during the coldest months of the year.

As a nurse, my heart is always to give you practical, safe, and approachable tools you can use at home. These herbs are simple, time-tested remedies that pair beautifully with wholesome meals, adequate rest, hydration, and low-toxin living. When used consistently, they can become part of your family's everyday wellness rhythm—not just something you reach for when you're already sick.

Whether you're brewing a lung-soothing tea, simmering an herbal broth, or preparing a nourishing overnight infusion, this guide is designed to help you confidently stock your herbal cabinet and care for your household naturally and intentionally.

Let's step into winter together—wrapped in warmth, grounded in wisdom, and supported by the healing plants God has so generously provided.



# Mullein

## Botanical Name:

*Verbascum thapsus*

## Key Benefits

### 1. Supports Lung Health

Mullein is one of the most trusted herbs for respiratory wellness, soothing irritated lung tissue and supporting easier breathing.

### 2. Helps Clear Mucus & Congestion

Acts as an expectorant, helping the body loosen and expel excess mucus during colds or bronchitis.

### 3. Soothes Dry, Irritated Coughs

Its demulcent properties coat and calm inflamed respiratory passages.

### 4. Reduces Inflammation in Airways

Supports decreased swelling and irritation in the throat, bronchi, and lungs.

### 5. Supports Immune Function

Contains antimicrobial compounds that assist the body in fighting respiratory infections.

### 6. Gentle for Children & Elderly

Mullein is mild and well-tolerated, making it appropriate for sensitive individuals.

### 7. Supports Sinus Health

Helps ease sinus pressure and congestion.

### **8. Antiviral Properties**

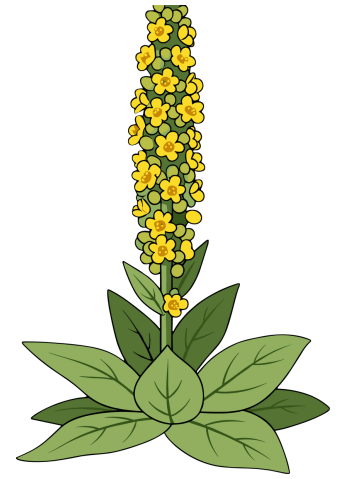
Traditionally used during flu season for viral respiratory support.

### **9. Calms Throat Irritation**

Provides soothing relief for hoarseness and sore throats.

### **10. Nourishes the Respiratory System**

Acts as a restorative tonic for long-term lung support.



## How to Use Mullein

### **Respiratory Tea:**

Steep 1–2 teaspoons dried mullein leaf in 8 ounces hot water for 10–15 minutes. Strain through a fine mesh or cloth to remove tiny hairs.

### **Steam Inhalation:**

Add mullein leaves to hot water and inhale steam to open lungs and sinuses.

### **Mullein Tincture:**

Take 30–60 drops in water during cold or cough symptoms.

### **Herbal Syrup:**

Combine mullein tea with honey for a soothing cough syrup.

## Mullein Honey Lung Tea Recipe

### **Ingredients:**

- 1 tablespoon dried mullein
- 8 oz hot water
- 1–2 teaspoons raw honey

### **Instructions:**

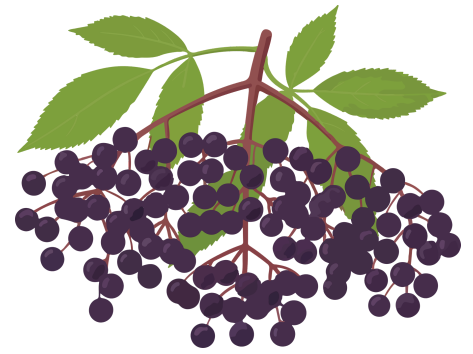
1. Steep mullein for 10–15 minutes.
2. Strain well.
3. Stir in honey and sip warm.

### **Clinical Note (Nurse's Tip):**

Always strain mullein tea thoroughly to avoid throat irritation from fine leaf hairs. Generally very safe and gentle for most individuals.



**Notes:**



# Elderberry

## Botanical Name:

*Sambucus nigra*

## Key Benefits

### 1. Powerful Immune Support

Elderberry enhances immune response and reduces the duration of colds and flu.

### 2. Antiviral Properties

Helps inhibit viral replication, especially respiratory viruses.

### 3. Rich in Antioxidants

High in anthocyanins that protect cells from oxidative stress.

### 4. Reduces Cold & Flu Symptoms

May shorten illness time and lessen severity.

### 5. Anti-Inflammatory

Helps calm systemic inflammation.

### 6. Supports Respiratory Health

Eases congestion and sinus pressure.

### 7. Supports Circulation

Promotes healthy blood flow.

### 8. Gut Support

Gentle support for microbiome health.

### 9. Immune Tonic for Prevention

Can be used daily during winter months.

## **10. Delicious & Family Friendly**

Naturally sweet and easy for children to take.

# How to Use Elderberry

## Daily Immune Tea:

Steep 1 tablespoon dried berries in 8–10 oz water for 15 minutes.

## Elderberry Syrup:

Simmer berries with water and honey to create a traditional immune syrup.

## Tincture:

Take 30–60 drops daily for prevention or every few hours during illness.



## Elderberry Winter Syrup Recipe

### Ingredients:

½ cup dried elderberries

2 cups water

½ cup raw honey

### Instructions:

1. Simmer berries in water for 30 minutes.
2. Strain and cool slightly.
3. Stir in honey. Store in refrigerator.

### Clinical Note (Nurse's Tip):

Use only dried, cooked, or properly prepared elderberries. Raw berries may cause digestive upset.



**Notes:**



## Marshmallow Root

**Botanical Name:**  
*Althaea officinalis*

### Key Benefits

**1. Soothes Irritated Mucous Membranes**

Coats throat, lungs, and digestive tract with a protective gel-like layer.

**2. Calms Dry Coughs**

**3. Supports Gut Lining Repair**

**4. Reduces Acid Reflux & Irritation**

**5. Hydrates Tissues**

**6. Anti-Inflammatory**

**7. Supports Urinary Tract Comfort**

**8. Gentle for Children**

**9. Helps with Sore Throat Relief**

**10. Excellent Winter Demulcent Herb**

# How to Use Marshmallow Root

## **Cold Infusion (Best Method):**

Soak 1–2 tablespoons root in cool water for 4–8 hours. Strain and sip.

## **Tea:**

Steep gently in warm (not boiling) water.

## **Tincture:**

Take daily for gut or throat support.

# Soothing Throat Drink Recipe

Cold-infuse marshmallow root overnight. Add honey and lemon before drinking.

## **Clinical Note (Nurse's Tip):**

Because marshmallow coats the digestive tract, take medications 1 hour apart to avoid reduced absorption.





**Notes:**

# Lobelia

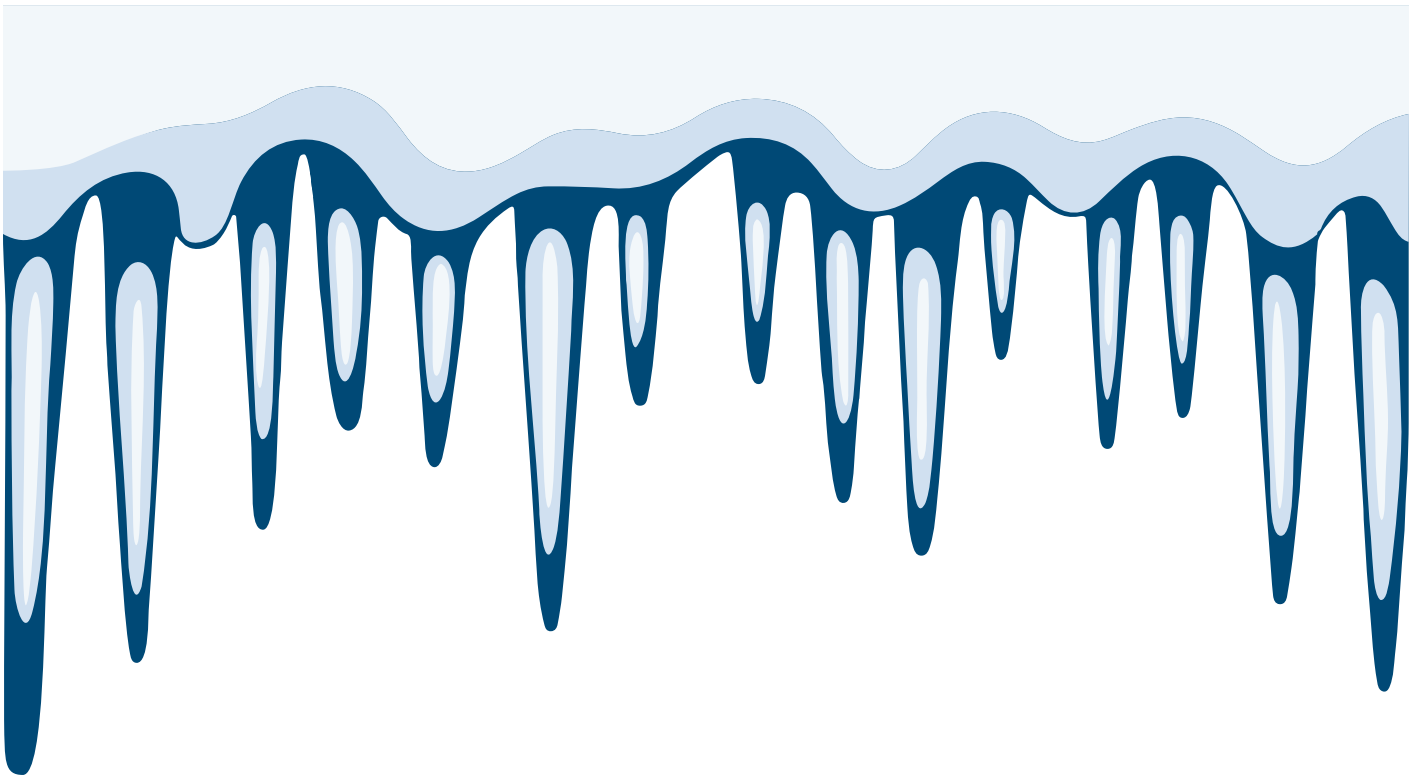
## Botanical Name:

*Lobelia inflata*

## Key Benefits

1. Opens Airways
2. Relieves Bronchial Spasms
3. Supports Asthma & Tight Chest Sensations
4. Encourages Mucus Clearance
5. Anti-Spasmodic
6. Supports Relaxation of Respiratory Muscles
7. Helps Break Persistent Cough Cycles
8. Stimulates Circulation
9. Traditional Smoke-Clearing Herb
10. Potent Rescue Herb for Acute Respiratory Support





## How to Use Lobelia

### **Tincture Only (Preferred):**

Very small doses (5–15 drops) in water as needed.

### **Blend Use:**

Combine with mullein or marshmallow root in formulas.

## Respiratory Support Blend Recipe

Add a few drops lobelia tincture to mullein tea for enhanced airway support.





**Notes:**



# Nettle

**Botanical Name:**

*Urtica dioica*

## Key Benefits

1. Mineral-Rich Tonic (iron, calcium, magnesium)
2. Supports Immune Strength
3. Reduces Seasonal Allergies
4. Supports Kidney Detoxification
5. Promotes Healthy Circulation
6. Supports Joint Comfort
7. Nourishes Hair, Skin & Nails
8. Supports Energy Levels
9. Anti-Inflammatory
10. Excellent Daily Nourishing Herb





## How to Use Nettle

### **Mineral Tea:**

Steep 1–2 tablespoons nettle for 20–30 minutes.

### **Long Infusion:**

Steep overnight for maximum mineral extraction.

### **Soup or Broth:**

Add nettle leaves to bone or vegetable broth.

## Winter Nourishing Nettle Broth Recipe

### **Ingredients:**

1 tablespoon dried nettle

4 cups bone or vegetable broth

### **Instructions:**

Simmer 10–15 minutes and strain. Sip warm for mineral support.

### **Clinical Note (Nurse's Tip):**

Generally very safe. May act as a mild diuretic. Excellent for daily long-term use.





**Notes:**



**\*Bonus Herb\***

# Turmeric

**Botanical Name:**

*Curcuma longa*

## Key Benefits

### 1. Powerful Anti-Inflammatory

Turmeric helps reduce systemic inflammation, supporting joints, gut, brain, and cardiovascular health.

### 2. Supports Joint Comfort

Commonly used for arthritis, stiffness, and chronic aches.

### 3. Liver Detox Support

Stimulates bile production and assists the liver in clearing toxins.

### 4. Digestive Aid

Improves digestion and reduces bloating or sluggish digestion.

### 5. Antioxidant Protection

Neutralizes free radicals and supports cellular health.

### 6. Immune Modulating

Helps balance immune response rather than overstimulating it.

### 7. Brain Health Support

May support memory, mood, and cognitive function.

### 8. Cardiovascular Protection

Supports healthy cholesterol and circulation.

### 9. Blood Sugar Balance

Helps maintain healthy glucose levels.

### 10. Whole-Body Wellness Tonic

A foundational herb for daily inflammation control.

# How to Use Turmeric

**Golden Milk:** Add ½–1 teaspoon turmeric powder to warm milk with cinnamon and honey.

**Tea:** Simmer fresh or powdered turmeric for 10 minutes.

**Cooking:** Add to soups, eggs, rice, and broths.

**Tincture/Capsules:** For daily anti-inflammatory support.

## Golden Milk Recipe

### Ingredients:

1 cup milk (dairy or plant)

½ tsp turmeric

Pinch black pepper

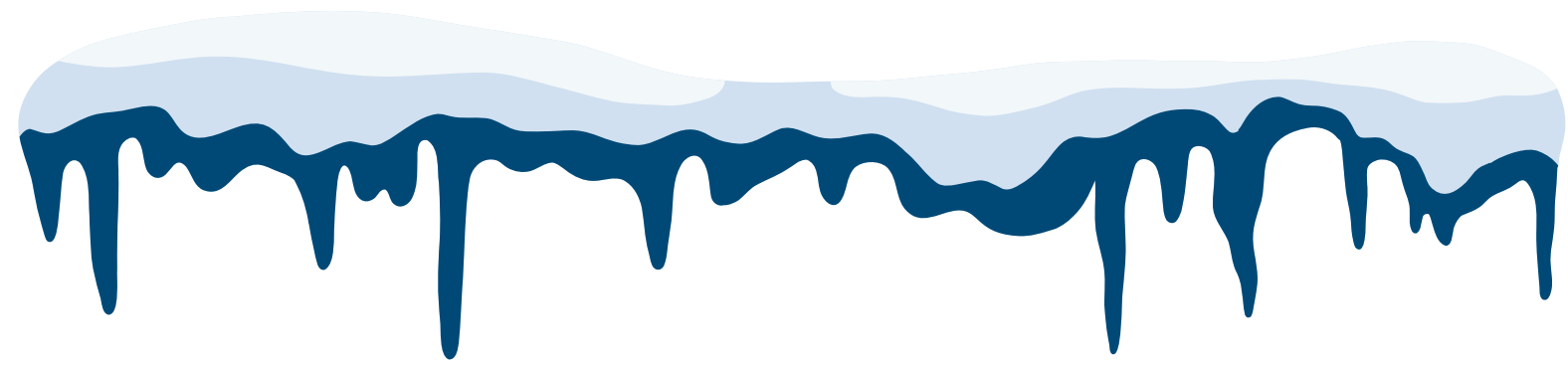
Honey

### Instructions:

Warm gently, whisk, and sip before bed.

### Clinical Note (Nurse's Tip):

Best absorbed with black pepper and healthy fats. Use caution with blood thinners.

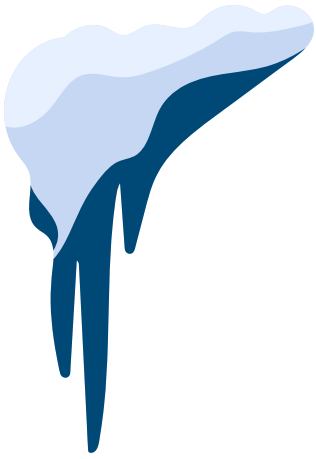


By exploring **Mullein, Elderberry, Marshmallow Root, Lobelia, and Nettle**, you've taken another meaningful step toward building your own home herbal cabinet and caring for your family's health naturally through the winter season.

This guide is designed to empower you with practical, nurse-curated knowledge—giving you the confidence to use herbs safely alongside nourishing foods, adequate rest, clean living, and mindful self-care. Each herb featured here carries a long history of traditional use, now supported by modern understanding, to help you strengthen immunity, soothe the lungs, calm irritated tissues, replenish minerals, and support overall resilience during the coldest months of the year.

Because many of these winter herbs work directly with the respiratory and immune systems, they pair beautifully with warm, comforting preparations. In addition to teas and tinctures, consider adding these herbs into chicken, vegetable, or bone broth. Simmering herbs into soups or broths creates a deeply nourishing, easy-to-digest remedy that hydrates tissues, delivers minerals, and brings gentle healing support—perfect for cold days, lingering coughs, or times when the body simply needs extra care.

Sometimes the most powerful medicine is as simple as a warm mug, a bowl of soup, and a quiet moment of rest.



## Your Next Steps

**Practice:** Try the teas, cold infusions, tinctures, and broth recipes shared in this edition. Consistency is key—small daily habits create lasting results.

**Collect:** Store this guide in your personal Tea of Life Apothecary – Nurse’s Herbal Guidebook binder. With each seasonal edition, you’re building a trusted, go-to herbal reference for your home.

**Stay Connected:** Look forward to our Spring Edition, where we’ll focus on gentle cleansing, liver support, renewal, and fresh energy as we transition out of winter and into a season of growth.

**Share & Inspire:** If this guide has helped you, consider sharing it with family and friends. Together, we can spread the wisdom of safe, nurse-led herbal wellness in our community and beyond.

## A Final Nurse’s Tip

Winter wellness isn’t about doing more—it’s about slowing down and nourishing deeply. Warm fluids, mineral-rich herbs, wholesome meals, and adequate rest give your body the foundation it needs to heal and protect itself naturally. Herbs are most effective when used consistently and intentionally, not just in moments of illness.

Thank you for allowing Tea of Life Apothecary to walk alongside you this season. May your winter be warm, restful, and strengthened by the healing gifts God has provided through these beautiful plants.

*With care,*  
Tea of Life Apothecary



**Notes:**



# **Tea of Life Apothecary's Nurse's Herbal Guidebook**

**Spring 2026 Edition:**

**Healing Herbs**

**Empowering your health naturally, one herb at a time**



# Welcome Spring Renewal

As the earth begins to thaw and new life pushes its way through the soil, spring invites us into a season of renewal, movement, and gentle awakening. This is the time to open the windows, let fresh air circulate, and begin clearing out what winter left behind—both in our homes and within our bodies.

Spring naturally shifts the body into a more active, cleansing state. After months of heavier foods, slower rhythms, and limited sunlight, many people experience sluggish digestion, skin flare-ups, seasonal allergies, or a sense of internal “stagnation.” Rather than forcing harsh detoxes, spring calls for gentle support—encouraging the body to release, rebalance, and restore its natural flow.

In this edition, we’ll explore five supportive herbal allies—**Yarrow, Hawthorn Berry, Lemon Balm, Slippery Elm, and Ginger**—each chosen to guide the body through this transition. These herbs work in harmony to support circulation, awaken digestion, soothe the gut lining, calm the nervous system, and assist the body in clearing what it no longer needs.

**Yarrow** helps encourage healthy circulation and supports the body’s natural detox pathways.

**Hawthorn Berry** strengthens and nourishes the heart, promoting steady blood flow and emotional grounding.

**Lemon Balm** gently uplifts the mood while calming the nervous system—especially helpful as energy begins to rise again.

**Slippery Elm** coats and soothes the digestive tract, offering protection and repair after winter’s heavier load.

**Ginger** warms and stimulates digestion, helping the body “wake up” and move forward with clarity and energy.

As a nurse, my heart is always to provide you with practical, safe, and approachable ways to support your body at home. These herbs are not about extremes—they are about consistency, rhythm, and working *with* your body, not against it. When paired with simple practices like hydration, light movement, nourishing foods, and time outdoors, they can help you transition into spring feeling lighter, clearer, and more energized.

Whether you're sipping a warming ginger tea in the morning, incorporating lemon balm into your evening wind-down, or preparing a soothing digestive blend, this guide is here to help you build confidence in caring for your body naturally.

Let's step into spring together—refreshed, renewed, and aligned with the rhythms of the season... supported by the healing plants God has so faithfully provided.



## Yarrow

### Botanical Name:

*Achillea millefolium*

### Key Benefits

#### 1. Supports Healthy Circulation

Yarrow helps promote balanced blood flow, supporting both movement and proper vascular tone throughout the body.

#### 2. Assists the Body's Natural Detox Pathways

Traditionally used to support the liver and lymphatic system, encouraging the body to gently release built-up waste.

#### 3. Helps Manage Seasonal Allergies

Yarrow may help modulate histamine response and reduce symptoms like sneezing, congestion, and watery eyes.

#### 4. Supports Fever Response

Known as a diaphoretic herb, yarrow encourages gentle sweating to help the body regulate temperature during illness.

#### 5. Promotes Wound Healing

Historically used for cuts and wounds, yarrow supports tissue repair and helps stop minor bleeding.

#### 6. Reduces Inflammation

Contains anti-inflammatory compounds that can help calm irritation in both the digestive tract and the body overall.

#### 7. Supports Digestive Function

Stimulates digestive secretions, helping improve breakdown and absorption of nutrients.

#### 8. Helps Ease Menstrual Discomfort

Traditionally used to support healthy menstrual flow and reduce cramping.

## **9. Antimicrobial Properties**

Supports the body in defending against bacteria and pathogens.

## **10. Calms the Nervous System**

Offers mild relaxing effects that can help ease tension and support overall balance.



## How to Use Yarrow

### **Detox & Circulation Tea:**

Steep 1–2 teaspoons dried yarrow in 8 ounces hot water for 10–15 minutes. Drink 1–2 cups daily during seasonal transitions.

### **Fever Support Tea:**

Drink warm yarrow tea at the onset of illness to encourage gentle sweating.

### **Yarrow Tincture:**

Take 20–40 drops in water up to 3 times daily for circulation, immune, or digestive support.

### **Topical Use (Wounds):**

Apply cooled yarrow tea or diluted tincture to minor cuts or irritated skin.

## Spring Renewal Yarrow Tea Recipe

### **Ingredients:**

- 1 teaspoon dried yarrow
- 1 teaspoon lemon balm (optional for calming support)
- 8 oz hot water
- 1 teaspoon raw honey (optional)

### **Instructions:**

- Steep herbs for 10–15 minutes.
- Strain well.
- Add honey if desired and sip warm.

### **Clinical Note (Nurse's Tip):**

Yarrow is a powerful yet gentle herb, but it should be avoided during pregnancy due to its potential to stimulate uterine activity. If using for fever support, pair with rest and hydration to allow the body to work naturally—not suppress the process.





**Notes:**



## Hawthorn Berry

### Botanical Name:

*Crataegus monogyna* / *Crataegus laevigata*

### Key Benefits

#### 1. Supports Heart Health

Hawthorn is one of the most well-known herbs for cardiovascular support, helping strengthen and nourish the heart muscle over time.

#### 2. Promotes Healthy Blood Pressure

Helps gently regulate blood pressure by supporting vessel relaxation and improved circulation.

#### 3. Improves Circulation

Encourages healthy blood flow to the heart, brain, and extremities, supporting oxygen and nutrient delivery.

#### 4. Strengthens Blood Vessels

Rich in flavonoids and antioxidants that help protect and maintain the integrity of blood vessels.

#### 5. Supports Healthy Cholesterol Levels

May help balance lipid levels and reduce oxidative stress within the cardiovascular system.

#### 6. Calms the Nervous System

Acts as a gentle nervine, helping reduce stress, tension, and emotional strain—especially when it affects the heart.

#### 7. Antioxidant Protection

Provides powerful antioxidant support to protect against cellular damage and aging.

#### 8. Supports Emotional Heart Health

Traditionally known as a “heart healer” not only physically, but emotionally—

helping with grief, stress, and emotional heaviness.

### **9. May Improve Exercise Tolerance**

By supporting circulation and oxygen delivery, it may help improve stamina and reduce fatigue.

### **10. Gentle, Long-Term Tonic**

Best used consistently over time to nourish and strengthen the cardiovascular system rather than for immediate effects.



## How to Use Hawthorn Berry

### Heart Support Tea:

Simmer 1–2 teaspoons dried hawthorn berries in 8–10 ounces water for 15–20 minutes (decoction method). Drink 1–2 cups daily.

### Hawthorn Tincture:

Take 30–60 drops in water 2–3 times daily for ongoing cardiovascular support.

### Powder or Capsules:

Can be taken daily as part of a long-term heart health routine.

### Herbal Infusion:

Combine with other supportive herbs like nettle or lemon balm for a nourishing daily tonic.

## Hawthorn Heart Nourishing Tea Recipe

### Ingredients:

1 tablespoon dried hawthorn berries

1 teaspoon lemon balm

8–10 oz water

1 teaspoon raw honey (optional)

### Instructions:

Simmer hawthorn berries in water for 15–20 minutes.

Remove from heat and add lemon balm, steeping an additional 10 minutes.

Strain well.

Add honey if desired and sip warm.

### Clinical Note (Nurse's Tip):

Hawthorn is generally very safe and well-tolerated, but because it can influence blood pressure and heart function, those on cardiovascular medications should consult their healthcare provider before use. This is a slow, nourishing herb—think of it as daily support for the heart, not a quick fix.





**Notes:**



## Lemon Balm

### Botanical Name:

*Melissa officinalis*

### Key Benefits

#### 1. Calms the Nervous System

Lemon balm is a gentle nervine that helps reduce stress, tension, and feelings of overwhelm without causing sedation.

#### 2. Supports Mood & Emotional Balance

Traditionally used to uplift the spirit, helping ease anxiety, low mood, and emotional heaviness.

#### 3. Promotes Restful Sleep

Encourages relaxation and improved sleep quality—especially when stress or racing thoughts are present.

#### 4. Supports Digestive Comfort

Helps calm the gut–brain connection, easing bloating, cramping, and nervous digestion.

#### 5. Antiviral Properties

Contains compounds that support the body in defending against viruses, especially cold sores and seasonal illnesses.

#### 6. Helps with Seasonal Stress & Transition

Supports the body during seasonal changes when energy and mood may feel unstable.

#### 7. Supports Cognitive Function

May help improve focus, clarity, and memory by calming mental noise and supporting brain function.

### **8. Gentle for All Ages**

Mild and well-tolerated, making it appropriate for children, adults, and the elderly.

### **9. Supports Hormonal Balance**

Can be helpful for mood swings related to hormonal fluctuations.

### **10. Eases Tension Headaches**

By relaxing the nervous system, it may help reduce stress-related headaches.



## How to Use Lemon Balm

### Calming Tea:

Steep 1–2 teaspoons dried lemon balm in 8 ounces hot water for 10–15 minutes. Drink 1–3 cups daily.

### Lemon Balm Tincture:

Take 30–60 drops in water up to 3 times daily for stress, mood, or sleep support.

### Evening Wind-Down Tea:

Combine with chamomile or lavender for enhanced relaxation before bed.

### Fresh Herb Use:

Add fresh lemon balm leaves to water, teas, or salads for a light, uplifting effect.

## Lemon Balm Calm Tea Recipe

### Ingredients:

- 1 tablespoon dried lemon balm
- 1 teaspoon chamomile (optional)
- 8 oz hot water
- 1 teaspoon raw honey (optional)

### Instructions:

Steep herbs for 10–15 minutes.

Strain well.

Add honey if desired and sip warm in the evening or during times of stress.

### Clinical Note (Nurse's Tip):

Lemon balm is incredibly gentle, but for those with hypothyroidism or on thyroid medication, use consistently and monitor how you feel, as it may mildly influence thyroid activity. This is a beautiful daily herb for nervous system support—especially when your body is learning what “calm” truly feels like.



**Notes:**



## Slippery Elm

### Botanical Name:

*Ulmus rubra*

### Key Benefits

#### 1. Soothes the Gut Lining

Slippery elm is rich in mucilage, which coats and protects the digestive tract, helping calm irritation and sensitivity.

#### 2. Supports Gut Repair & Integrity

Helps nourish and support the rebuilding of the gut lining—especially beneficial for those with leaky gut or chronic digestive issues.

#### 3. Eases Acid Reflux & Heartburn

Forms a protective barrier that can help reduce irritation from stomach acid and support esophageal comfort.

#### 4. Calms Inflammation in the Digestive Tract

Supports reduction of irritation in conditions like IBS, gastritis, and general gut inflammation.

#### 5. Promotes Healthy Bowel Movements

Acts as a gentle bulk-forming agent, helping regulate both constipation and loose stools.

#### 6. Soothes Sore Throat & Dry Cough

Its coating properties extend beyond the gut—helping calm irritated throat tissues and dry coughs.

#### 7. Supports Detox Pathways

By improving gut integrity, it helps the body more effectively process and eliminate waste.

### **8. Gentle & Nourishing**

Provides mild nutritional support while being well-tolerated, even in sensitive individuals.

### **9. Supports Microbiome Balance**

Creates an environment that supports beneficial gut bacteria and overall digestive harmony.

### **10. Ideal for Recovery & Restoration**

Excellent for use after illness, antibiotic use, or periods of digestive distress.



## How to Use Slippery Elm

### **Slippery Elm Tea:**

Mix 1–2 teaspoons slippery elm powder into warm (not boiling) water. Stir well and sip slowly.

### **Gut Healing Drink:**

Combine with marshmallow root or aloe for additional soothing and repair support.

### **Slippery Elm Lozenges:**

Use for throat irritation, dry cough, or hoarseness.

### **Capsules or Powder:**

Take daily for ongoing gut support and repair.

## Soothing Slippery Elm Gut Drink

### **Ingredients:**

- 1 teaspoon slippery elm powder
- 8 oz warm water
- 1 teaspoon raw honey (optional)
- Pinch of cinnamon (optional for flavor)

### **Instructions:**

- Add slippery elm powder to warm water.
- Stir continuously until it thickens slightly.
- Add honey and cinnamon if desired.
- Sip slowly to allow it to coat the throat and digestive tract.

### **Clinical Note (Nurse's Tip):**

Because slippery elm forms a coating in the digestive tract, it may slow the absorption of medications. Take it at least 1–2 hours apart from any medications or supplements. This is a foundational herb for rebuilding—think protection, repair, and gentle restoration from the inside out.



**Notes:**



# Ginger

## Botanical Name:

*Zingiber officinale*

## Key Benefits

### 1. Stimulates Digestion

Ginger helps activate digestive enzymes, supporting efficient breakdown and absorption of food.

### 2. Reduces Nausea

Well-known for easing nausea from motion sickness, pregnancy, or digestive upset.

### 3. Supports Circulation

Promotes healthy blood flow, helping deliver oxygen and nutrients throughout the body.

### 4. Warms the Body

A naturally warming herb that supports those who feel cold, sluggish, or have slow metabolism.

### 5. Reduces Inflammation

Contains powerful anti-inflammatory compounds that help calm pain and irritation in the body.

### 6. Eases Bloating & Gas

Helps move stagnant digestion, reducing discomfort, fullness, and gas buildup.

### 7. Supports Immune Function

Offers antimicrobial and immune-supportive properties, especially during seasonal transitions.

### 8. May Help Balance Blood Sugar

Supports metabolic function and may assist in maintaining stable blood sugar levels.

## **9. Relieves Muscle & Joint Discomfort**

Its warming, anti-inflammatory nature can help ease stiffness and soreness.

## **10. Enhances Nutrient Absorption**

Improves bioavailability of nutrients and works synergistically with other herbs.



## How to Use Ginger

### **Digestive Tea:**

Steep 1–2 teaspoons fresh grated ginger (or ½–1 teaspoon dried) in 8 ounces hot water for 10–15 minutes.

### **Ginger Tincture:**

Take 20–40 drops in water up to 3 times daily for digestion, nausea, or circulation support.

### **Fresh Ginger Use:**

Add to meals, broths, or smoothies for daily digestive and anti-inflammatory support.

### **Warming Infusion:**

Combine with lemon and honey for immune and throat support.

## Warming Ginger Digestive Tea Recipe

### **Ingredients:**

- 1 tablespoon fresh grated ginger (or 1 teaspoon dried)
- 8 oz hot water
- 1 teaspoon raw honey
- Squeeze of fresh lemon (optional)

### **Instructions:**

- Steep ginger in hot water for 10–15 minutes.
- Strain if needed.
- Add honey and lemon.
- Sip warm, especially in the morning or before meals.

### **Clinical Note (Nurse’s Tip):**

Ginger is generally very safe, but in higher amounts it can be quite stimulating. Use with awareness if you are prone to acid reflux or are on blood-thinning medications. This is a beautiful “awakening” herb—perfect for spring as it helps the body move, warm, and come back to life after the slower winter months.



**Notes:**

By exploring **Yarrow, Hawthorn Berry, Lemon Balm, Slippery Elm, and Ginger**, you've taken another meaningful step toward building your own home herbal cabinet and supporting your body naturally through the spring season of renewal.

This guide is designed to empower you with practical, nurse-curated knowledge—giving you the confidence to use herbs safely alongside nourishing foods, gentle movement, hydration, fresh air, and intentional self-care. Each herb featured here carries a rich tradition of use, now supported by modern understanding, to help you encourage circulation, awaken digestion, soothe the gut, calm the nervous system, and support the body's natural detoxification processes as it transitions out of winter.

Because spring is a season of movement and clearing, these herbs pair beautifully with lighter, revitalizing preparations. In addition to teas and tinctures, consider incorporating them into warm lemon waters, light broths, or even infused honeys. Ginger can be added to meals to stimulate digestion, lemon balm to calming evening teas, and hawthorn to daily tonics that gently nourish the heart. These simple additions help the body release stagnation while still feeling supported and grounded.

Spring doesn't ask us to rush—it invites us to **gently awaken**. To stretch, to breathe deeper, to nourish differently, and to let go of what we no longer need.

Sometimes the most powerful medicine is as simple as a fresh breeze through an open window, a warm cup in your hands, and the decision to care for your body with intention and grace.





## Your Next Steps

**Practice:** Try the teas, infusions, tinctures, and simple recipes shared throughout this spring edition. Focus on gentle, consistent support—stimulating digestion in the morning, calming the nervous system in the evening, and allowing your body to naturally release what it no longer needs.

**Collect:** Store this guide in your personal *Tea of Life Apothecary – Nurse’s Herbal Guidebook* binder. With each seasonal edition, you’re creating a reliable, easy-to-use herbal reference to support your home and your family year-round.

**Stay Connected:** Look forward to future editions where we’ll focus on hydration, cooling herbs, mineral replenishment, and supporting the body through heat, activity, and increased energy demands.

**Share & Inspire:** If this guide has supported you, consider sharing it with family and friends. Together, we can continue spreading safe, practical, nurse-led herbal wellness throughout our community and beyond.

## A Final Nurse’s Tip

Spring wellness isn’t about forcing a detox—it’s about *supporting the body’s natural rhythm of release and renewal*. Gentle movement, hydration, fresh foods, and supportive herbs allow the body to clear stagnation without stress or depletion. When you work *with* your body instead of against it, healing becomes more sustainable and more effective.

Herbs are most powerful when used consistently and intentionally—woven into your daily rhythm, not just reached for when something feels off.

Thank you for allowing *Tea of Life Apothecary* to walk alongside you this season. May your spring be light, renewed, and full of fresh energy—grounded in wisdom

and supported by the healing plants God has so faithfully provided.

With care,

**Tea of Life Apothecary**



**To Be Continued.....**