

# TWENTY-ONE KITCHEN HERB SPICE TEAS FOR HEALTH

EVERYONE'S HEARD OF MINT TEA, but have you heard of drinking rosemary tea? Or basil tea? How about ginger tea? I've compiled this list of 21 everyday herbs and spices that can be found in either your yard or spice cabinet. Besides carrying a host of health benefits, they also taste great!

HERB	FORM	BENEFITS
Mint	leaf	Improves digestion, mental clarity
Basil	leaf	Stress reducer, energizing, anti-inflammatory
Rosemary	leaf	Improves digestion, mental clarity, anti-inflammatory
Thyme	leaf	Immune booster, energizing, congestion
Oregano	leaf	Improves digestion, stress reducer
Parsley	leaf	Urinary tract health, rich in antioxidants
Catnip	leaf	Relaxing, helps you sleep
Fennel	leaf	Improves digestion, breath freshener
Dandelion	leaf	Urinary tract stimulant
Raspberry leaf	leaf	Hormone balancer, skin balancer
Lavender	flower	Relaxing
Echinacea	flower	Immune booster
Chamomile	flower	Calming, improves digestion
Lemon	juice	Immune booster, liver tonic
Turmeric	root	Anti-inflammatory
Ginger	root	Improves digestion, energizing
Fennel seeds	seed	Improves digestion
Cardamom	seed	Improves digestion, congestion
Cloves	spice	Improves digestion
Fenugreek	spice	Improves digestion, hormone balancer
Cinnamon stick	bark	Warming, hormone balancer, improves digestion

*These statements have not been evaluated by the FDA and should not be considered medical advice.  
Stephanie Stiavetti is not a licensed herbalist or health practitioner.*

**IMPORTANT NOTE:** If you're foraging for herbs in nature—or even in your yard—make sure you're not using plants that have been sprayed with pesticide, herbicide, or any other toxic chemicals. If all else fails, you can buy any of these items at most supermarkets or natural food stores.

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