

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

I love to drink herbal teas and have created the following tea blends, which I have served in my herbal classes over the years. I find tea be much more nourishing than taking tinctures.

Drinking tea on a daily basis is a great way to increase ones vitality. There are numerous blends listed according to the organ systems, as well as a few additional blends. The method of tea preparation is indicated last (infusion or decoction).

Note - The reader is welcome to create any of the following tea blends for personal use, however, if you would like to use any of the following blends for commercial or business purposes, please contact me.

Disclaimer: As always, it is important to research the herb/s to make sure that they are ok for you, especially if you have existing health conditions or if you are taking medications. If for any reason you do not like a particular herb contained in the blend or if for health reasons, one of the herbs is contraindicated, omit it! Also, if any of the tea blends produce unpleasant side effects discontinue drinking them. You can also omit an herb if for any reason you are unable to find that ingredient. This information is not intended to diagnose or prescribe.

Top of the Morning Tea Blends - Welcome the day with the following tea blends.

Rosemary Delight

Two parts each of fresh rosemary and lemon grass, and a pinch of stevia (Infusion)

Energizing Tea Blend

Two parts each of peppermint and gotu kola

One part each of ginkgo, rosemary, calendula, and nettles, and a pinch of stevia (Infusion)

Clari-Tea and Stimulant Tea Blend (Caffeine free)

Three parts each of ginkgo and peppermint; two parts of rosehips

One part each of gotu kola, nettles, rosemary, and calendula (Infusion)

Chai Tea

Two parts of fresh grated ginger, one part each of cardamom seed, cinnamon chips, anise, and allspice, and four to ten cloves (optional) (Decoction)

Christa's Favorite Nutritive Tea Blend

Four parts of rosehips; two parts each of peppermint and lemon grass,

One part each of nettles, red clover, alfalfa, oat straw, and horsetail (Infusion)

Rich and Creamy Alternative to Café (decoction)

Two parts of carob pods, one part each of roasted dandelion, raw dandelion, burdock root, ½ part chicory root. (I like this blend as it is but I have also added one part each of vanilla bean, cardamom, allspice, and orange peel, and a ½ part licorice. I alternate some of the previously listed herbs with the above base.) (Decoction)

Autumn Delight

One part each of carob pods, cinnamon, anise, fenugreek, fennel, and licorice

½ part each of Jamaican and Indian Sarsaparilla (Decoction)

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

Tea Blends for the Immune System

Immune Boosting Tea (For the first stage of a cold or flu)

Four parts each of echinacea and marshmallow root; three parts of cinnamon

Two parts of burdock root, angelica root, cinnamon, cardamom, juniper, allspice, and orange peel

One part of licorice root (Decoction)

Immune Enhancing Tea Blend

Three tablespoons of fresh sliced lemon grass (or 2 tbs. dried)

Two tablespoons of fresh ginger (or 1 tsp. dried)

2-3 root slices of astragalus (or 2 tbs. cut and sifted),

Two tbs. eleuthero, and .5-1 tsp. licorice root (Decoction -simmer in 2 quarts water for ½-1 hour)

Immune Enhancing Tea Blend

Three tablespoons of fresh sliced lemon grass (or 2 tbs. dried)

Two tablespoons of fresh ginger (or 1 tsp. dried)

One heaping tablespoon each of allspice and cardamom; and a teaspoon of licorice

This tea tastes delicious! (Decoction -simmer on low in 2 quarts water for ½-1 hour)

Immune Building Chai Tea

One part each of fresh ginger, (dry) astragalus, allspice, cinnamon, and cardamom

A pinch of cloves and licorice (Decoction)

Immune and Spleen Qi Tonic Tea

Two parts of (fresh) ginger; one part each of astragalus, red jujube dates, marshmallow, lycii,

rosehips, allspice, and licorice (Decoction)

Flavorful Immune Tonic Tea (for acute or long term use)

Two parts marshmallow root; one part each of allspice, cinnamon, cardamom, and Indian sarsaparilla (Decoction)

High Qi Tea

One part each of astragalus, eleuthero, codenopsis, jujube dates, and lycii berries (Decoction)

Coat and Soothe Tea (A soothing demulcent blend)

Two parts each of marshmallow root and rosehips

One part each of licorice, orange peel, fenugreek, and cinnamon (Decoction)

Lymphatic Tea

Two parts each of spearmint or peppermint, and rose hips

One part each of violet leaves, red clover, cleavers, chickweed

A pinch of stevia if you want the tea to taste a little sweeter (Infusion)

Strengthen Resistance Tea

Two parts of (fresh) ginger, (dry) marshmallow, astragalus, and 1/2 part of licorice (Decoction)

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

Tea Blends for the Respiratory System

Allergy Preventative Tea

Two parts each of peppermint or spearmint, nettles, and rosehips
One part each of orange peel & horsetail, and a pinch of stevia for sweetener if necessary
(Infusion)

Acute Sinus Aid Tea

Three parts each of marshmallow root and rose hips, two parts of poria (fu ling)
One part each of yerba santa, elecampane root, and cinnamon
½-1 part osha or angelica dahurica (discontinue them if they are too heating), and ½ part licorice
(Decoction)

Respiratory Relief

Contains equal parts each of peppermint, mullein, coltsfoot, rosehips, pearly everlasting, and horsetail (Infusion)

Respiratory Roots Blend

One part each of marshmallow root and anise seed
½ part each of osha root, aralia root or elecampane root, balsam root, and a ½ part of licorice
(Decoction)

Respiratory Recuperative Tea

Two parts each of peppermint, mullein, and coltsfoot
One part each of hyssop, horsetail, and comfrey leaf
½ part each of calendula and licorice (Infusion)

Respiratory Remedy and Expectorant Tea

One part each of spearmint, peppermint, coltsfoot, hyssop, mullein, marjoram, juniper berry, and elder berry; ½ parts each of pleurisy root and spikenard root, and ¼ part elecampane root
(Decoction)

Teas for the Nervous System

Calm Heart and Mind

Two parts of Spearmint; one part each of lemon balm, oat straw, borage, violet, hawthorn berry, pearly everlasting, and a pinch of stevia (Infusion)

Gentle Nervine Tea

Two parts of spearmint; one part each of chamomile, oat straw, and linden
½ part each of catnip and lemon balm (Infusion)

Light and Lively Tea

One part each of spearmint, lemongrass, allspice, and orange peel; and a pinch stevia (Infusion)

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

Tea Blends for the Digestive System

Belly Ache Be-Gone Blend

Two parts of peppermint, one part each of chamomile, fennel, anise, and marshmallow
½ part each of orange peel and licorice (optional) (Infusion)

Digestabili-Tea

Two tablespoons of fresh ginger (or 1 tsp. dry) and two tablespoons of marshmallow root
One tablespoon each of cinnamon, cardamom, and allspice
One teaspoon of licorice (Decoction -simmer in 2 quarts of water for ½ -1 hour) (Decoction)

Digestive Delight

Two parts each of fresh ginger and lemon grass, 2 parts of (dry) marshmallow root,
One part of allspice and a pinch of stevia (Decoction)

Spicy Belly Brew

Two parts of marshmallow; 1 part each of allspice, anise, fennel, and Indian sarsaparilla;
A half part each of peppercorns and licorice (Decoction)

Digestive Carminative Tea

One part each of angelica root, fennel seed, anise seed, orange peel, and ½ part licorice root
(Decoction)

Gentle Laxative Tea

Three parts of marshmallow; two parts each of fennel, rose hips, and anise
One part each of fenugreek, burdock root, raw & roasted dandelion root
½ part licorice (optional) (Decoction)

Smooth Move - A digestive lubricant tea

Three parts of marshmallow; two parts of each of rosehips, fennel, and anise
One part each of fenugreek and cardamom
½ part each of licorice and yellow dock (Decoction)

Spleen Qi Tonic Tea (Strengthens the Digestive System)

Two parts each of astragalus and codenopsis
One part each of atractylodes, red jujube dates, and ginger
1/2 part each of bupleurum, citrus peel, angelica sinensis (don quai), and licorice (Decoction)

Strengthen Resistance Tea (Spleen Qi Tonic Tea)

Two parts each of ginger (fresh), astragalus, codenopsis, dioscorea, eleuthero, red jujube dates,
and lycii, and one part each of cinnamon and licorice (Decoction)

Tasty Spleen Qi Tonic Tea

One part each of astragalus, codenopsis, red jujube, eleuthero, prepared rehmannia, lycii,
cinnamon, allspice, and a half part licorice (Decoction)

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

Liver Supporting Tea Blends

Christa's Favorite Liver Tea

One part each of raw and roasted dandelion root, burdock root, Jamaican and Indian sarsaparilla, anise seed, fennel seed, and carob, and ½ part licorice (Decoction)

Liver Cleansing Spring Tonic Tea

One part each of raw and roasted dandelion root, burdock root, Jamaican and Indian sarsaparilla, One half part each of saffron, Oregon grape root, yellow dock, and licorice root (Decoction)

Blood Sugar Balancing Blend

Contains equal parts of the following: oplopanax, fenugreek, eleuthero, Chinese ginseng (white), cinnamon, and rosehips (Decoction)

Blood Sugar Balancing Blend II

Contains equal parts of the following: fenugreek, smilax, eleuthero, oplopanax, Indian sarsaparilla, and lycii berry (Decoction)

Adrenal Tonic Tea Blends

Adrenal Support Tea

One part each of eleuthero, smilax, muira puama, carob, Indian sarsaparilla, and allspice
1/2 part licorice (Decoction)

Adrenal Tonifying Tea

Two parts each of astragalus, eleuthero, and oat straw
One part each of oplopanax, Indian sarsaparilla, and licorice (Decoction)

Simple and Subtle Adaptogen Delight

Two parts of tulsi basil, one part each of gotu kola and oat straw (Infusion)

Five Seeds Tea

Two parts each of hawthorn berry, rosehips, and lycii berry
One part each of ligustrum berry, fenugreek, and red jujube (Decoction or infusion)

Yin Tonifying Tea I

Two parts each of asparagus root, ophiopogon, Chinese dioscorea, and poria
One part each of raw and prepared rehmannia, mouton peony root bark, and alisma plantago root
½-1 part licorice root as a harmonizer and for the flavor. (Decoction)

Yin Tonifying Tea II

Two parts each of asparagus root, rehmannia root (prepared), and Chinese dioscorea
One part each of poria and ophiopogon, and ½ part licorice (Decoction)

Yin Tonifying Tea III

One part each of raw and prepared rehmannia, lycii, poria, and Chinese dioscorea
½ part each of alisma plantago root and licorice (Decoction)

The Northwest School for Botanical Studies

Herbal Tea Recipes

Formulated by Christa Sinadinos

Tea Blends for the Reproductive System

Reproductive and Pregnancy Tonic Tea

Two parts of peppermint or spearmint, and lemon verbena if it is available
One part each of red raspberry, nettles, red clover, oat straw, and rosehips
½ part each of partridge berry and ladies' mantle; a pinch of stevia is optional (Infusion)

Reproductive Harmony and Blood Nourishing Blend

Two parts each of rehmannia (prepared) and poria
One part each of astragalus, codenopsis, and white peony
½ part each of bupleurum and don quai, and 3-4 red jujube dates OR ½ part licorice can be used in place of the jujube dates as a harmonizer and sweetener (Decoction)

Lover's Delight

Two parts each of damiana, spearmint, and hawthorn
One part each of allspice, cinnamon, and cardamom
½ part each of licorice root and Indian sarsaparilla (Infusion)

Damiana Daze

Two parts each of damiana, and spearmint; one part each of cardamom, allspice, rosehips, pearly everlasting, and licorice (Infusion)

Cardiovascular and Muscular and Skeletal Tea Blends

3 Variations of Connective Tissue Tonic Teas

These three teas can be used to strengthen the cardiovascular, muscular, and skeletal systems.

Variations 1) Two parts each of peppermint, gotu kola, horsetail, and wild oats;
One part each of hawthorn berries and rosehips; and a pinch of stevia or licorice (Infusion)

Variations 2) Two parts of peppermint; one part each of ginkgo, gotu kola, hawthorn, oat straw, and horsetail. (Infusion)

Variations 3) Two parts each of borage, hawthorn berries, and rosehips
One part each of ginkgo, gotu kola, horsetail, and wild oats (Infusion)

High C and Flavonoid Rich Tea

Four parts rosehips, three parts each of hawthorn berry, schisandra, and elderberry, two parts of orange peel, and a pinch of stevia (Infusion)

Wild Herb Tea (I usually pick these herbs fresh in summer and make the wild herb tea)

Variation I: One part each of yerba buena, pearly everlasting, nettles, horsetail, wild oats, and rosehips (Infusion)

Variation II: One part each of yerba buena, horsetail, nettles, wild oats, lemon balm, and chickweed (Infusion)