

QUICK REFERENCE GUIDE TO

35 Medicinal Teas



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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

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Quick Reference Guide to 35 Medicinal Teas

People have used tea to heal for thousands of years. Many of the herbal concoctions we know about today came from long-standing holistic traditions and historical anecdotal evidence. Modern research has shown that many of these applications have merit, though we've only begun to scratch the surface.

Today, with a renewed focus on health and wellness, families around the country are enjoying using natural remedies like tea as often as they can to deal with daily aches and pains, colds and flu, stress, and more.



But just which ones do you use for what?

We aim to answer that question in this quick reference guide. We've listed 35 teas and their purported health benefits, so the next time your stomach is upset or you need something to encourage focus and concentration, check here to find the best options. They're listed in alphabetical order to make it easy to search.

Remember that it's always wise to check with your doctor before medicinally using tea. Some teas can interfere with medications or may not address what is causing your symptoms. But on the whole, the teas listed below are considered generally safe for healthy people.

1. Ashwagandha

Ashwagandha (*Withania somnifera*) is a popular herb in Ayurvedic medicine. The tea is made from the ashwagandha plant, commonly called Indian ginseng, poison gooseberry, and winter cherry. Traditional herbalists used it to improve brain function.

Flavor: Slightly bitter and earthy; often consumed with buttermilk, honey, and cardamom

Health benefits:

- Eases **stress and anxiety**; some studies have found it can help reduce cortisol levels—cortisol is a stress hormone
- May help **reduce blood sugar levels**; one study showed that it helped lower them as effectively as an oral hypoglycemic drug
- May have **cancer-fighting properties**

- May **boost fertility** in men; in one study, researchers found that the use of ashwagandha increased sperm count and sperm quality

2. Black

Black tea is a true tea made from the *Camellia sinensis* plant. During the production process, the leaves are allowed to fully oxidize before they are heat-processed and dried. This gives black tea its rich dark brown to-black color.

Flavor: Malty with smoky notes, full-bodied, bold, and brisk

Health Benefits

- May **boost heart health**; studies indicate it can help reduce risk factors for heart disease, including high blood pressure, high cholesterol, elevated triglyceride levels, and obesity
- May **improve gut health**; studies show that the polyphenols in tea can help promote good bacteria and inhibit the growth of bad bacteria in the microbiome
- **Promotes weight loss**; studies show that regular consumption of black tea can help prevent obesity
- May **reduce the risk of stroke**; one study found that those who drank at least two cups of tea per day had a 16 percent lower risk of ischemic stroke compared to those who didn't drink tea
- Helps **balance blood sugar levels**; studies have found that consuming black tea with a meal can help improve insulin response
- **Fights against cancer**; studies show that drinking tea is associated with a lower risk of several types of cancer—the polyphenols in black tea help promote cancer cell death
- May **improve focus**; both the caffeine and L-theanine in the tea improve alertness and focus



3. Chamomile

Chamomile tea is made from the daisy-like flowers of the chamomile plant (*Chamaemelum mobile*). It's been used in traditional medicine for thousands of years to calm anxiety and ease digestive ailments. As one of the most popular herbal teas, it's grown worldwide.

Flavor: light, airy taste sometimes compared to the taste of a crisp apple; sweet and aromatic

Health Benefits:

- **Relieves stress and promotes relaxation**; it can increase the "good mood" neurotransmitter serotonin in the brain

- **Eases insomnia**; chamomile contains a compound called apigenin, an antioxidant that binds to receptors in the brain that promote sleepiness
- **Eases tension and migraine headaches**; compounds in chamomile help open up blood vessels and reduce inflammation
- May **benefit blood sugar control**; studies have found that regular consumption can help lower fasting blood sugar levels and reduce blood sugar spikes after eating
- **Aids in digestion**; some studies suggest that the compounds in chamomile may help reduce acid output and decrease the risk of stomach ulcers

4. Chrysanthemum

Chrysanthemum tea is made from chrysanthemum flowers (*Chrysanthemum indicum*) and originated thousands of years ago in China. Its medicinal uses have been known for centuries, and it's long been highly sought after by natural healers.

Flavor: mild, flowery similar to chamomile

Health Benefits:

- **Helps you get to sleep**; like chamomile, chrysanthemum tea can be enjoyed before bed to help you sleep
- **Eases anxiety**; studies show that chrysanthemum has anti-anxiety effects—simple inhalation of chrysanthemum essential oil helped provide mental and physical relaxation



5. Cinnamon

Cinnamon tea is a warm and soothing drink typically made with water, cinnamon bark, and perhaps some honey or sugar if you like. Brimming with antioxidants, it's perfect for cold and flu season, or anytime you need to warm up.

Flavor: lightly sweet and spicy

Health Benefits:

- **Reduces inflammation**, which may help lower the risk of inflammatory diseases like heart disease and blood clots
- **Reduces blood pressure**, which can help reduce the risk of cardiovascular disease
- **May reduce menstrual cramps**, helping to ease the symptoms of pre-menstrual syndrome (PMS)

6. Dandelion Root

Dandelion root tea is made from the root of the dandelion plant (*Taraxacum officinale*), though some varieties of dandelion tea are also made from the leaves and flowers. We have more research on dandelion root tea, however, which has long been honored for its many benefits.

Flavor: bold, smoky flavor with toasted notes

Health Benefits:

- **May promote liver health;** studies show it has polysaccharides that may be beneficial to liver function
- **Soothes digestion;** it can help ease indigestion and possibly relieve constipation
- **May help reduce urinary tract infections;** studies show dandelion has antibacterial properties and a diuretic effect, which together could help clean out the urinary system



7. Echinacea

Echinacea is made by infusing the flowers and leaves of the echinacea plant (*Echinacea purpurea*) in hot water. The plant is also known as the American coneflower or pale purple coneflower. It belongs to the Asteraceae family, which also includes daisy plants, and is native to North America.

Flavor: Strong, refreshing, and invigorating with floral notes

Health Benefits:

- **Boosts immunity;** has long been used to help fend off infections like the common cold and flu—it can also soothe a sore throat and minimize aches and pains; in one review, researchers reported that it may lower the risk of developing colds by more than 50 percent and shorten the duration of colds by one and a half days
- **Eases pain;** like many herbs, echinacea helps reduce inflammation, which can help ease pain and swelling—studies have indicated that taking supplements with echinacea extract helped ease the pain of arthritis

8. Elderberry

Elderberry tea is made from dried, ripe elderberries from the elder tree (*Sambucus*). These are boiled in water, then strained to remove solids. The berries come in different colors, from black to red to blue.

Flavor: sweet and tart with earthy undertones

Health Benefits:

- **May improve flu symptoms;** elderberry extracts and flower infusions have been found in studies to help reduce the severity and length of the flu



9. Eucalyptus

Eucalyptus is made from the leaves of the Australian eucalyptus tree (*Eucalyptus obliqua*). Like the previous two teas, its main claim to fame is its ability to treat symptoms of the cold and flu. It's often combined with other teas and used as a soothing tonic.

Flavor: bitter with a menthol finish and hints of woody mint

Health Benefits:

- **May relieve cold and bronchitis symptoms;** studies show that eucalyptus can decrease mucus and expand the bronchi and bronchioles of the lungs; it's also a natural anti-inflammatory
- **Helps promote relaxation;** it has anti-anxiety properties and has been shown in studies to help people reduce pre-surgery anxiety—researchers also think it can help decrease the activity of the sympathetic nervous system, promoting relaxation
- **Good for your teeth;** eucalyptus leaves contain high amounts of ethanol and macrocarpal C—both of which are associated with lower levels of bacteria that can cause cavities and gum disease

10. Fennel

Fennel tea is made from dried fennel seeds, which come from a tall herb with hollow stems and yellow flowers (*Foeniculum vulgare*). Native to the Mediterranean, fennel has been used for centuries as a medicinal plant to help strengthen eyesight, regulate hormones, improve digestion, and assist memory.

Flavor: like licorice with a slightly bitter aftertaste

Health Benefits:

- **Aids digestion;** this is the most popular use for fennel—it has compounds that help relax the smooth muscles in the gastrointestinal system to reduce gas, bloating, and cramping
- **Alleviate irritable bowel syndrome (IBS);** due to its muscle-relaxing properties, fennel can help those with IBS to experience fewer symptoms
- **Treats constipation;** studies suggest that it can help increase the frequency of bowel movements and improve bowel function
- **Eases menstrual cramps;** in one study, fennel and vitamin E combined were more effective at reducing menstrual pain than ibuprofen

11. Ginger

A simple tea, ginger tea is a combination of boiling water and dried or fresh ginger root from the ginger plant (*Zingiber officinale*). It has been used in traditional medicine for centuries as well as in cooking to add a spicy kick to food. It has a lot of current scientific evidence supporting its health benefits.

Flavor: strong and fiery; spicy

Health Benefits:

- **Alleviates nausea and vomiting;** the gingerols in ginger tea can help relieve nausea and vomiting caused by morning sickness or chemotherapy—some research suggests it can also ease motion sickness
- **Relieves pain and inflammation;** compounds in ginger help reduce the production of inflammatory cells, helping ease the pain of arthritis and menstrual cramps
- **Supports healthy blood sugar levels;** studies indicate that ginger may help control blood sugar in those with type 2 diabetes



12. Ginseng

Ginseng tea is made from the root of the ginseng plant, which is sometimes called the “man-root” because it’s often shaped like a person. There are many varieties available, with the two most popular being American ginseng (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*). Both have health-promoting compounds, though American ginseng is seen as relaxing and Asian ginseng as more invigorating.

Flavor: bitter with earthy, warming notes

Health Benefits:

- **Helps fight fatigue;** studies find that those using ginseng experience less mental and physical fatigue
- **May improve brain function;** many studies suggest that ginseng can improve memory, behavior, and mood, and may be protective against cognitive decline
- **May help control blood sugar levels;** several studies indicate that ginseng may help not only control blood sugar levels, but improve pancreatic cell function, boost insulin production, and enhance the uptake of blood sugar in tissues

13. Goldenseal

Goldenseal tea is made from the dried root of the goldenseal plant (*Hydrastis canadensis*), which is part of the buttercup family. It's known for its yellowish-orange color and has been used traditionally to treat a variety of health problems, including sore or itchy eyes, mouth ulcers, and tuberculosis.

Flavor: earthy, bitter

Health Benefits:

- **Reduces inflammation;** goldenseal has long been used as an immune stimulant—studies show that while it doesn't seem to produce more immune action, it does help reduce the production of pro-inflammatory markers, which can limit symptoms of an infection



14. Green

Often considered one of the healthiest teas, green tea is a type of true tea made from the *Camellia sinensis* plant. Unlike black tea, the leaves in green tea are minimally oxidized, making it one of the least-processed teas.

Flavor: clean, grassy, vegetal, earthy

Health Benefits:

- **May help prevent heart disease;** several studies show that green tea may have beneficial effects on some heart disease risk factors, including blood pressure and cholesterol
- **May improve brain function;** the caffeine and the antioxidants in green tea can improve mood, vigilance, reaction time, and memory—green tea also has L-theanine, which together with caffeine, has been found to have powerful effects in improving brain function

- **May protect against cancer;** green tea contains powerful antioxidants that fight cancer cells—multiple studies show that green tea drinkers have a lower risk of various types of cancer
- **Reduces bad breath;** the catechins in green tea can inhibit the growth of bacteria in the mouth, reducing the risk of bad breath
- **May lower the risk of type 2 diabetes;** studies show green tea can help improve insulin sensitivity and reduce blood sugar levels—in one review, tea drinkers had an 18 percent lower risk of diabetes
- **May help you live longer;** studies show that those who drink green tea may live longer than those who don't

15. Hawthorn

Hawthorn tea is made from the berries and/or leaves of the hawthorn bush (*Crataegus rhipidophylla*). It's long been used in traditional Chinese medicine and European folk medicine for a variety of ailments, including heart disease and high blood pressure, as well as digestive problems and insomnia.

Flavor: pleasant, mildly sweet with a fresh green taste

Health Benefits:

- **May improve heart function;** studies show that it significantly improved heart function in those with heart failure—it has also been found to combat chest pain in those with angina



16. Hibiscus

Hibiscus tea is made by steeping dried parts of the hibiscus plant (*Hibiscus syriacus*)— usually, the calyxes, which protect and support the flowers—in boiling water. The tea is typically a crimson or deep magenta color.

Flavor: fruity, refreshing

Health Benefits:

- **Lowers blood pressure;** several studies have shown that hibiscus can significantly lower blood pressure levels
- **May protect liver health;** studies suggest that hibiscus can help increase the concentration of detoxifying enzymes in the liver
- **May help prevent kidney stones;** some animal studies have shown that hibiscus helped prevent calcium crystals from turning into kidney stones

17. Juniper Berry

Juniper berry tea is made from the fruits of the evergreen shrub, *Juniperus communis*, which is common in North America. Juniper berries are rich in essential oils and flavonoids that function as potent antioxidants.

Flavor: pine-y, citrus-y, with a hint of sharpness, spice, and sweetness

Health Benefits:

- **May help prevent cold & flu;** some early studies found that regularly consuming juniper may help reduce the risk of getting a cold or the flu—the berries contain an antiviral compound that can be helpful in upper-respiratory-tract infections
- **May help lower blood sugar levels;** we have only animal studies on this so far, but they look promising



18. Kava Kava

Kava kava tea is made from the root of the *Piper methysticum* plant. It has long been used as a ceremonial drink in the Pacific Islands. Today, tea is the most common method for taking kava for anxiety.

Flavor: very earthy

Health Benefits:

- **Eases anxiety;** several studies show that kava can be effective in treating symptoms associated with anxiety—some show that it may be as effective as prescription anti-anxiety medications
- **Improves sleep quality;** kava can help you fall asleep faster and may be a useful aid for insomnia

Note: Some people have developed severe liver damage and even liver failure after taking kava, so it's best to check with your doctor first. We're not sure yet why this was—it could be that the kava people took was contaminated with other substances. Several analyses on the topic found no evidence of liver damage in people who took kava supplements short-term.

19. Lavender

Lavender tea is made by brewing the purple buds of the lavender plant (*Lavandula angustifolia*) with hot water. The tea is also a slightly purple-hued drink.

Flavor: earthly sweet with a hint of rosemary and notes of apple

Health Benefits:

- **Eases anxiety;** studies show that lavender is consistently calming—it has compounds that may stimulate activity in certain areas of the brain that boost mood and produce a calming effect
- **May improve sleep;** due to its calming effect, lavender tea before bed can help you sleep
- **May ease menstrual pain;** studies on this were done with lavender aromatherapy
- **Supports the digestive system;** lavender can reduce muscle spasms in the digestive system, easing symptoms like bloating, nausea, upset stomach, and cramps
- **Helps soothe migraine headaches;** in one study, inhaling lavender essential oil helped reduce headache severity



20. Lemon Balm

Lemon balm tea is made of dried lemon balm leaves. The plant (*Melissa officinalis*) is a member of the mint family and is considered a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, and ease pain and discomfort from indigestion.

Flavor:

Health Benefits:

- **Reduces anxiety;** lemon balm is often combined with other calming herbs like valerian and chamomile, to reduce anxiety and promote sleep
- **Eases insomnia;** due to its calming effects, lemon balm before bed can help improve symptoms of insomnia
- **May boost cognitive function;** some studies show that it increases alertness and performance
- **Eases indigestion;** enjoy some lemon balm tea after a meal to ease indigestion

21. Lemongrass

Lemongrass tea is made from the stalks or leaves of the lemongrass plant (*Cymbopogon citratus*), which belongs to a grass family and has an intense lemony scent. It's long been used in traditional medicine to treat digestive ailments, inflammation, and fever.

Flavor: refreshing and citrusy (not sour like lemons)

Health Benefits:

- **Promotes healthy digestion;** lemongrass tea is the go-to remedy for upset stomach, stomach cramping, and other digestive problems; animal studies suggest it may also be protective against gastric ulcers
- **May help protect against cardiovascular disease;** studies have found that lemongrass may reduce blood pressure and blood cholesterol
- **Boosts oral health;** lemongrass has antimicrobial properties that can fight against the bacteria that cause tooth decay



22. Licorice

Licorice tea is made from the root of the licorice plant (*Glycyrrhiza glabra*), which is a flowering plant of a bean family native to Western Asia, North Africa, and Southern Europe. The root is commonly used to flavor and sweeten candies and sweet treats and has long been part of traditional Chinese medicine.

Flavor: sweet, like black licorice with notes of anise and peppermint

Health Benefits:

- **Digestion aid;** like other herbs listed here, licorice has antispasmodic effects, which may help ease gas and bloating—it also helps eliminate *H. pylori* bacteria, which can cause ulcers
- **Eases sore throat;** the tea contains compounds that coat the throat and soothe pain and itching

23. Marjoram

Marjoram tea is made from marjoram (*Origanum majorana*), which is part of the mint family. Similar to oregano, it has a milder flavor and is also used to garnish salads, soups, and meat dishes.

Flavor: woody and earthy with a slightly sweet aftertaste

Health Benefits:

- **May help regulate the menstrual cycle and hormones;** some studies have found that marjoram may restore hormone balance in women with an irregular cycle, and may also help treat polycystic ovary syndrome
- **May prevent digestive issues;** a few studies have suggested marjoram fights against foodborne pathogens and protects against stomach ulcers

24. Marshmallow

Marshmallow root tea is made from the root of the marshmallow plant (*Althaea officinalis*), which is native to Europe, Western Asia, and Northern Africa. (Sometimes the leaves are used as well.) It's been used for more than 2,000 years as both a food and medicine.

The plant is unique because it produces a mucilage or sap-like substance that has a coating action. Marshmallow candy got its name from the plant because manufacturers used to use the root's mucilage to make it, but today they use sugar and gelatin instead.



Flavor: sweet, woody flavor

Health Benefits

- **Relieves coughs;** the coating action of marshmallow soothes a sore throat and cough—studies show it's effective in children too
- **Soothes dry mouth;** dry mouth can increase the risk of cavities and gum disease—studies show marshmallow helps with dry mouth symptoms
- **Protects against ulcers;** studies on the flower extract show it may help protect from gastric ulcers
- **Helps repair gut lining;** because of its coating action, marshmallow helps restore the integrity of the gut lining by forming a protective layer around small junctions—may be beneficial for leaky gut and inflammatory bowel diseases
- **Eases acid reflux;** enjoy marshmallow tea after a meal to help lower or prevent heartburn

25. Nettle

Nettle tea is made from the leaves of the stinging nettle plant (*Urtica dioica*) infused in hot water. Stinging nettle is a popular plant in Western herbal medicine, as it has been used to treat seasonal allergies, inflammation and joint pain, urinary tract infections, and more.

Flavor: similar to green tea with a mellow body and rich grassy and earthy notes

Health Benefits:

- **Soothes arthritis pain;** several small studies suggest that applying nettle leaf topically to the painful area can help, and others show that taking an oral extract of nettle along with non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin can help people reduce their NSAID dose
- **Eases prostate symptoms;** stinging nettle root is widely used in Europe to treat benign prostatic hyperplasia (BPH), as studies show that it may be effective at relieving symptoms like reduced urinary flow, incomplete emptying of the bladder, and the constant urge to urinate
- **Reduces symptoms of hay fever;** research suggests that nettle can reduce sneezing and itching in people with hay fever—scientists think that the nettle reduces the amount of histamine the body produces in response to an allergen, similar to the way antihistamines work

26. Passionflower

This tea is made from the passionflower plant (*Passiflora incarnata*), which is a climbing vine with white and purple flowers. Research shows that the chemicals in passionflower help relax the central nervous system and increase the gamma-aminobutyric acid (GABA) inside the brain.

Flavor: mild with grassy earthiness

Health Benefits:

- **Enhances relaxation;** studies show that it increases GABA, which is a naturally occurring amino acid that reduces activity in the central nervous system, resulting in relaxation—in one small study, passionflower extract was just as effective as oxazepam (an anti-anxiety medication) in treating generalized anxiety disorder
- **Helps you sleep;** because of its ability to relax you, it can help you go to sleep more easily at night



27. Peppermint

Peppermint tea is made from the dried leaves of the peppermint plant (*Mentha x piperita*), which is actually a hybrid species of mint—a cross between watermint and spearmint. (Spearmint tea is similar and made from the leaves of the spearmint plant.) Sometimes, you may also find peppermint tea as a black, green, or white tea with added peppermint leaves or oil.

Flavor: minty and cooling, refreshing

Health Benefits:

- **May relieve headaches;** peppermint is a natural muscle relaxant and pain reliever, and the menthol in peppermint oil increases blood flow and provides a cooling sensation; in one small study, peppermint oil applied to the forehead was found to be as effective for headaches as 1,000 mg of acetaminophen
- **May relieve menstrual cramps;** the same muscle-relaxing properties may help to ease menstrual cramps for women
- **May ease digestive upset;** peppermint can relax the digestive system and ease gas, bloating, and indigestion—some studies indicate it can be helpful for people with irritable bowel syndrome (IBS)
- **Freshens breath;** peppermint has antibacterial properties to help kill the germs that cause dental plaque, and that can improve your breath
- **Soothes clogged sinuses;** peppermint’s antibacterial, antiviral, and anti-inflammatory properties can help fight clogged sinuses due to the common cold and allergies
- **May relieve fatigue;** some small studies indicate that peppermint may reduce daytime sleepiness and fatigue

Note: Peppermint can trigger heartburn symptoms in some people. Start with just a little to see how it affects you.

28. Rooibos

Rooibos tea, also known as red tea or red bush tea, is made using fermented leaves from a shrub called *Aspalathus linearis*, a plant native to South Africa. It’s not a “true tea,” but more like an herbal tea though the fermentation process makes it unique. The leaves and stems are chopped up and bruised, then left in heaps to ferment. Once fermented, the rooibos is left out in the sun to dry.

Flavor: naturally sweet and slightly nutty, full-bodied and rich

Health Benefits:

- **May benefit heart health;** drinking rooibos tea may help improve cholesterol levels, decreasing LDL “bad” cholesterol and increasing HDL “good” cholesterol—it may also have benefits on blood pressure
- **May improve insulin resistance;** rooibos has an antioxidant called aspalathin, which has been shown in animal studies to have anti-diabetic effects, reducing insulin resistance
- **May ease digestion;** rooibos contains anti-spasmodic nutrients that can help prevent stomach pains



29. Rose

Rose tea is made from the petals and buds of the rose bush. (There are hundreds of species and thousands of cultivars of the rose plant.) It's been used as a digestive aid for centuries, and to soothe menstrual cramps and menopausal symptoms.

Flavor: mellow, floral, mildly sweet, and delicate

Health Benefits:

- **Eases anxiety;** rose petals can have a relaxing effect, helping to lower stress and encourage sleep—rose is often used in flavored tea blends that promote relaxation
- **May relieve menstrual pain;** rose tea has been used in traditional Chinese medicine to treat menstrual pain—one study found that those who drank two cups of rose tea daily for 12 days, starting one week before their period and for six menstrual cycles, reported less pain and better psychological well-being than those who didn't drink the tea



30. Rose Hip

Rose hip tea is similar to rose tea but is made from the pseudo-fruits of the rose plant rather than the petals and buds. Rose hips are the rounded part of the flower just below the petals. The tea can be made from fresh or dried rose hips.

Flavor: sweet and tangy, floral—similar to green apples, ripe plums, and hibiscus tea

Health Benefits:

- **May boost the immune system;** rose hips are a great source of vitamin C (one of the best among all fruits and vegetables), which may help stimulate the immune system; rose hips also contain high levels of vitamins A and E, which also help support the immune system
- **May benefit heart health;** because it's rich in vitamin C and antioxidants, rose hip tea may help contribute to heart health, balancing blood cholesterol levels and reducing blood pressure
- **May help with weight loss;** rose hips from the *Rosa canina* plant are high in an antioxidant called tiliroside, which may have fat-burning properties; in one small study, those taking 100 mg of rose hip extract per day significantly decreased body weight and stomach fat compared with the placebo group
- **May reduce inflammation and pain;** rose hips are high in compounds with anti-inflammatory effects, including galactolipids, which have the potential to reduce joint pain

31. Rosemary

Rosemary tea is made from the fragrant evergreen rosemary herb (*Rosmarinus officinalis*), which is a rich source of antioxidants and anti-inflammatory compounds. Native to the Mediterranean region, it belongs to the mint family and is commonly used in culinary dishes and to make essential oils.

Flavor: distinct pine-y aroma and flavor, with hints of lemon and mint

Health Benefits:

- **Improves mood and memory;** studies show that rosemary can help lower anxiety levels, improve memory, and boost sleep quality—in one study, employees who drank two teaspoons of rosemary in 2/3 cup water daily reported feeling significantly less burnt out at their jobs compared to those who drank nothing
- **May protect the brain;** some studies suggest that rosemary may prevent the negative effects of brain aging, and perhaps even protect against diseases like Alzheimer's disease
- **Protects vision as you age;** studies show that adding rosemary extract to common treatments like zinc oxide and other antioxidant combinations helped slow age-related macular degeneration (AMD); other studies suggest it may help delay the onset of cataracts



32. Senna

Senna tea is made from the leaves (and sometimes the fruit and pods) of the senna plant—the most commonly used species are *Cassia acutifolia* or *Cassia angustifolia*. It belongs to the pea or legume family and is native to subtropical and tropical regions like those found in Africa and India. Some wild sennas are found in the eastern U.S.

Flavor: mild, sweet, and slightly bitter

Health Benefits:

- **Treats constipation;** studies have shown that senna has laxative benefits—it contains compounds called anthraquinones that treat constipation; the U.S. Food and Drug Administration (FDA) has approved senna as a non-prescription drug to treat constipation
- **May ease symptoms of irritable bowel syndrome (IBS);** particularly when constipation is one of those symptoms
- **Colonoscopy prep;** senna is sometimes used as a way to cleanse the colon before undergoing a colonoscopy

Note: As with other laxatives, long-term use of senna may cause dependence. Talk to your doctor before using it more than occasionally.

33. Skullcap

Skullcap tea is made from the dried leaves and stems of the skullcap herb (*Scutellaria lateriflora*), which is a hardy perennial found near marshes, meadows, and other wetland habitats. It's native to North America but is now widely cultivated in Europe as well. Historically, it's been known to instill a gentle sense of calm and has been used in traditional folk practices to promote well-being and relaxation.

Flavor: bitter, earthy taste

Health Benefits:

- **Eases anxiety;** studies show that skullcap improves mood, reduces anxiety, and helps treat insomnia—it may stimulate gamma-aminobutyric acid (GABA), a neurotransmitter in the brain that helps calm nerves
- **May help lower fever from the flu;** studies indicate that some illnesses involving fever may be treated with skullcap



34. Turmeric

Turmeric tea is made by steeping fresh or dried turmeric in water. Turmeric is a popular spice made from the root of the *Curcuma longa* plant, which is a member of the ginger family native to southern Japan. The tea is a bright yellow-orange color and is often found in blends with ginger.

Flavor: pungent and earthy with a noticeable spiciness

Health Benefits:

- **Reduces arthritis symptoms;** turmeric is a very powerful anti-inflammatory and has been found in studies to reduce arthritis pain and swelling
- **Improve immune function;** curcumin, the main component in turmeric, may be able to improve immune function by taming overactivity
- **May reduce cardiovascular complications;** research shows that curcumin may help reduce cholesterol levels and prevent the narrowing of arteries
- **May assist in weight loss;** one review of 21 studies found that curcumin helped significantly reduce body mass index, weight, waist circumference, and levels of the hunger hormone in those patients with metabolic syndrome (a collection of symptoms that can increase the risk of heart disease)

35. Valerian Root

Valerian tea is made from the roots and underground stems of the valerian plant (*Valeriana officinalis*). The plant is native to Europe and China but also grows today in North and South America. It grows well in moist, grassy areas, and has been used as a medicinal herb since at least the time of ancient Greece and Rome.

Flavor: woody, earthy; some people find the smell unpleasant

Health Benefits:

- **Treats insomnia and other sleep disorders;** many studies show that valerian can help improve symptoms of insomnia and help you get a good night's sleep—it reduces the time it takes to fall asleep and may also improve sleep quality
- **Relieves anxiety and stress;** people took valerian in the U.K. during World War II to relieve stress caused by air raids; preliminary studies show it may help relieve anxiety, with some showing it may be a safe and natural alternative to prescription anxiety drugs
- **May minimize hot flashes;** some studies suggest that valerian may help reduce the severity and frequency of hot flashes in menopausal women



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About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI), we recognize that traditional exercise and treatment programs often do not produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity and hands-on testing. Our methods successfully determine what works to heal injuries and eliminate pain *without expensive appointments, addictive prescriptions or risk-laden surgery*.

Often recognized as the “Trainer to the Trainers” and the “Expert to the Experts,” company founder Rick Kaselj has been featured in major publications such as Livestrong.com, Men’s Health magazine, the San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his groundbreaking programs available to as many people as possible so that they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness and personal well-being.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at ExercisesForInjuries.com

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more ... so they can go back to living a full, active, healthy life.

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent six years at university studying Kinesiology, corrective exercise and therapeutic exercise and got my master's degree in exercise science.
- I have 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists and healthcare providers.
- I have personally conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given more than 260 presentations to more than 6,000 fitness professionals across Canada and the U.S.



I USE RESEARCH, STUDY AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works ... and, unfortunately, much of the advice out there, even from trained professionals and reputable sources ... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* — they required extensive research, testing and *creativity* to discover.

People get the best results when they follow a program that's been *designed properly*. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them and instructions for what the right amount of rest is and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

— **Shelley Watson, Carmel, California**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah! Thanks so much for a simple answer to a problem I have been dealing with for months."

— **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain but, eventually, it all got better with continued attention."

— **Cher Anderson, Athens, Tennessee**

"Thank you, Rick. You saved my career!"

— **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

— **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now, I am able to take walks with my husband, pain-free."

— **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, Washington**

"I have suffered with plantar fasciitis for over a year, with no relief, no matter what I tried. One week into your program, and I'm able to do exercises that I have been unable to perform for some time now."

— **Dave Elder, CFT, Infinite Fitness, Fort Wayne, Indiana**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

— **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!*

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker," and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like — techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to:

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel from day to day.



We have limited supplies right now ... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best-selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada.**

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.

Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**



#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...

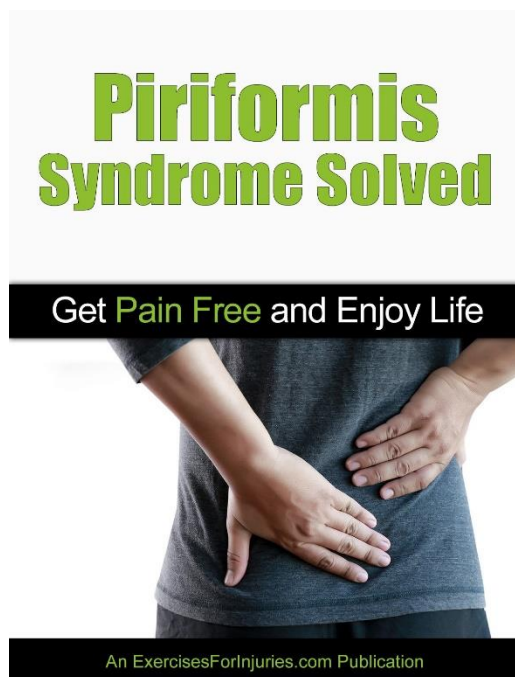
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved**.



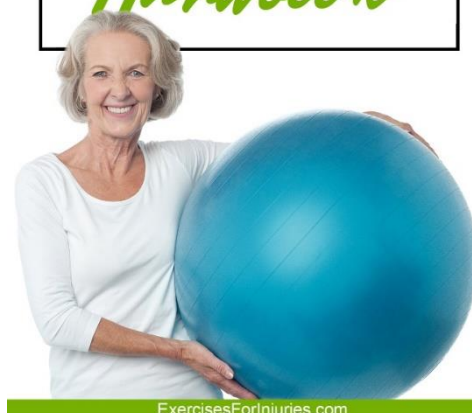
#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.

Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!



ExercisesForInjuries.com

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain

So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**



GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises for Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL & ANKLE PAIN

- Plantar Fasciitis Relief in 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**
ExercisesForInjuries.com/Shop