

INGREDIENTS

- 1 cup almond milk
- 1 tsp turmeric powder
- 1/2 tsp cinnamon
- 1 tbsp honey
- Pinch of black pepper

INSTRUCTIONS

1. - Heat almond milk in a pan.
2. - Add turmeric, cinnamon, and black pepper.
3. - Simmer for 5 minutes.
4. - Stir in honey and serve.



Turmeric Golden Tea



1



10 minutes

Turmeric contains curcumin, which is known to reduce inflammation and help with pain management by targeting pathways related to inflammation. The addition of black pepper enhances the bioavailability of curcumin, making it more effective. Cinnamon adds a natural anti-inflammatory boost due to its cinnamaldehyde content, which helps reduce swelling and has antioxidant properties. This combination promotes joint and muscle comfort and supports overall body resilience against chronic inflammation.

NOTES

Best enjoyed before bedtime for maximum anti-inflammatory benefits and improved sleep quality.

INGREDIENTS

- 1 cup water
- 1 tbsp grated ginger
- 1 tbsp lemon juice
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add ginger.
2. - Simmer for 5 minutes.
3. - Strain, add lemon juice and honey, and serve.



Ginger Lemon Herbal Tea



1



10 minutes

Ginger contains gingerol, a compound that has potent anti-inflammatory and antioxidant properties, which can help reduce muscle pain and soreness. Lemon juice is rich in vitamin C, which boosts the immune system and fights inflammation by neutralizing free radicals. The warmth of the tea also aids digestion and soothes an irritated throat, making it a well-rounded, anti-inflammatory beverage that can be enjoyed regularly.

NOTES

Ideal for soothing sore throats and boosting the immune system during cold seasons.

INGREDIENTS

- 1 cup water
- 1 tbsp dried hibiscus flowers
- 1/2 tsp cinnamon
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add hibiscus and cinnamon.
2. - Steep for 5 minutes.
3. - Strain and add honey, then serve.



Cinnamon Hibiscus Tea



1



8 minutes

Hibiscus flowers are packed with antioxidants, including vitamin C and anthocyanins, which help combat inflammation and oxidative stress in the body. Cinnamon is known for its anti-inflammatory, antibacterial, and antiviral properties, adding another layer of protection. This tea can help regulate blood pressure and reduce the risk of chronic diseases, providing a calming, health-boosting experience with each cup.

NOTES

Serve chilled in summer for a refreshing and anti-inflammatory iced tea option.

INGREDIENTS

- 1 cup water
- 1 green tea bag
- 5-6 mint leaves
- 1 tbsp honey (optional)

INSTRUCTIONS

- 1.- Boil water and steep green tea with mint for 3-4 minutes.
2. - Remove leaves and tea bag, add honey if desired.



Green Tea with Mint



1



5 minutes

Green tea is rich in polyphenols, particularly epigallocatechin gallate (EGCG), which has been shown to reduce inflammation and improve metabolic health. Mint leaves contain menthol, which has a natural anti-inflammatory and soothing effect, aiding digestion and easing respiratory issues. Together, they make a refreshing tea that fights inflammation while providing a calming and revitalizing experience.

NOTES

A great mid-morning or afternoon drink to energize and refresh without the jitters of coffee.

INGREDIENTS

- 1 cup water
- 1 chamomile tea bag
- 1 tsp dried lavender
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add chamomile and lavender.
2. - Steep for 5 minutes, strain, and stir in honey.



Chamomile & Lavender Calm



1



7 minutes

Chamomile is known for its flavonoids that help reduce inflammation and promote relaxation. It is often used as a natural remedy for stress and anxiety, which can exacerbate inflammatory conditions. Lavender adds additional anti-inflammatory properties with its natural compounds like linalool, helping to calm the mind and body. This tea is perfect for reducing stress-induced inflammation and promoting restful sleep.

NOTES

Perfect for relaxation after a long day, promoting calmness and reducing stress-induced inflammation.

INGREDIENTS

- 1 cup water
- 1 tbsp grated ginger
- 5-6 fresh peppermint leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add ginger.
2. - Simmer for 3 minutes.
3. - Add peppermint, steep for 2 more minutes, strain, and add honey.



Peppermint and Ginger Tea



1



10 minutes

Peppermint has natural cooling and anti-inflammatory properties that soothe the digestive tract and relieve headaches. Ginger enhances these benefits with its powerful compounds that reduce oxidative stress and inflammation. This combination helps combat joint pain, nausea, and muscle soreness, making it ideal for post-workout recovery or during times of high physical stress.

NOTES

Helps alleviate digestive discomfort and bloating; great after meals.

INGREDIENTS

- 1 cup water
- 1 stalk lemongrass
- 1 tsp turmeric powder
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add lemongrass and turmeric.
2. - Simmer for 5 minutes.
3. - Strain, stir in honey, and serve.



Lemongrass and Turmeric Fusion



1



10 minutes

Lemongrass contains compounds that have antioxidant and anti-inflammatory benefits, making it effective in supporting joint and muscle health. Turmeric adds an extra layer of inflammation-fighting power with curcumin, which has been widely studied for its effectiveness in reducing inflammation and pain. This tea also supports digestive health and acts as a gentle detoxifying agent.

NOTES

Lemongrass adds a subtle citrus flavor; this tea pairs well with light snacks or as a morning detox.

INGREDIENTS

- 1 cup water
- 1 tbsp dried rosehips
- 1 tbsp dried hibiscus
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add rosehips and hibiscus.
2. - Steep for 5 minutes, strain, and stir in honey.



Rosehip and Hibiscus Tea



1



8 minutes

Rosehips are packed with vitamin C and bioflavonoids, which are known to help combat inflammation and improve immune health. Hibiscus adds anthocyanins and other antioxidants that help lower blood pressure and reduce oxidative stress, which can contribute to inflammation. This tea is not only flavorful but also supports heart health and overall wellness.

NOTES

Packed with vitamin C, making it an excellent tea to support the immune system.

INGREDIENTS

- 1 cup water
- 1/2 tsp cloves
- 1/2 tsp cinnamon
- 1 tbsp honey

INSTRUCTIONS

- 1.- Boil water and add cloves and cinnamon.
2. - Steep for 5 minutes, strain, and add honey.



Clove and Cinnamon Spice Tea



1



7 minutes

Cloves contain eugenol, which has natural anti-inflammatory and pain-relieving properties. Cinnamon adds powerful antioxidants that help combat inflammation and protect against oxidative damage. This tea is warming and soothing, making it ideal for cold days when you're looking for comfort and relief from muscle aches or mild inflammation.

NOTES

A warming tea ideal for colder weather; cloves also add mild analgesic properties.

INGREDIENTS

- 1 cup water
- 1 green tea bag
- 5 basil leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and steep green tea and basil leaves for 3-4 minutes.
2. - Remove and add honey.



Green Tea with Basil



🕒 5 minutes

Green tea, rich in catechins, helps lower inflammation and improve brain health by reducing oxidative stress. Basil contains eugenol, which provides anti-inflammatory benefits that can help manage arthritis and other inflammatory conditions. The combination is a powerful, antioxidant-rich tea that supports both mental clarity and physical wellness.

NOTES

Basil adds a slightly sweet, aromatic touch; perfect for a calming tea break.

INGREDIENTS

- 1 cup water
- 2 cardamom pods
- Pinch of saffron
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add cardamom and saffron.
2. - Simmer for 3-4 minutes, strain, and stir in honey.



Cardamom and Saffron Infusion



1



8 minutes

Cardamom contains anti-inflammatory compounds such as cineole, which can help reduce pain and swelling. Saffron is known for its crocin content, which has potent antioxidant and anti-inflammatory properties, supporting brain and heart health. This tea offers a luxurious taste and boosts overall wellness while reducing inflammation.

NOTES

This luxurious blend can be enjoyed as an afternoon treat or paired with light desserts.

INGREDIENTS

- 1 cup water
- 1 tbsp dried blueberries
- 1 tbsp grated ginger
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add blueberries and ginger.
2. - Simmer for 5 minutes, strain, and add honey.



Blueberry and Ginger Brew



1



10 minutes

Blueberries are rich in anthocyanins, which help fight inflammation and oxidative stress. Ginger provides additional anti-inflammatory and antioxidant properties, making this tea excellent for reducing muscle pain and aiding digestion. Together, these ingredients create a flavorful, health-promoting beverage that supports cardiovascular and immune health.

NOTES

Delicious as a hot or iced beverage; blueberries add natural sweetness and antioxidants.

INGREDIENTS

- 1 cup water
- 1 sprig rosemary
- 1 tbsp lemon juice
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add rosemary.
2. - Simmer for 3 minutes, add lemon juice, strain, and add honey.



Rosemary and Lemon Tea



1



7 minutes

Rosemary contains anti-inflammatory compounds like carnosic acid, which can reduce inflammation in the body. Lemon juice provides vitamin C and flavonoids, which neutralize free radicals and reduce inflammation. This tea supports memory, concentration, and overall cognitive function while offering a pleasant, herbal taste.

NOTES

Great for clearing the mind and promoting focus; rosemary is known for its cognitive benefits.

INGREDIENTS

- 1 cup water
- 5-6 sage leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add sage leaves.
2. - Simmer for 5 minutes, strain, and stir in honey.



Sage and Honey Soother



1



7 minutes

Sage contains rosmarinic acid, a potent anti-inflammatory compound that supports respiratory and immune health. The natural antioxidants in sage help neutralize free radicals, reducing the risk of chronic diseases. This tea can help soothe sore throats and provide comfort during cold and flu season.

NOTES

Ideal for cold days when you need a soothing tea that also supports respiratory health.

INGREDIENTS

- 1 cup water
- 1/2 tsp fennel seeds
- 1 tsp licorice root
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add fennel and licorice root.
2. - Simmer for 5 minutes, strain, and add honey.



Fennel and Licorice Root Blend



1



10 minutes

Fennel seeds contain anti-inflammatory properties that can help reduce bloating and support digestion.

Licorice root has been used in traditional medicine for its anti-inflammatory and immune-boosting benefits, which help soothe the stomach and respiratory system.

This tea is great for digestive comfort and immune support.

NOTES

Helps with digestion and can be enjoyed after a heavy meal to aid in digestive comfort.

INGREDIENTS

- 1 cup water
- Pinch of cayenne pepper
- 1 tbsp lime juice
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add cayenne.
2. - Simmer for 2 minutes, add lime juice, stir in honey, and serve.



Cayenne and Lime Immune Tea



1



5 minutes

Cayenne contains capsaicin, which is known for its pain-relieving and anti-inflammatory properties. Lime juice provides vitamin C and antioxidants that help fight free radicals and strengthen the immune system. This tea offers a spicy, invigorating flavor that helps boost metabolism and circulation, making it an excellent option for morning energy.

NOTES

Provides a natural kick to boost metabolism; best consumed in the morning.

INGREDIENTS

- 1 cup water
- 1 black tea bag
- 1 tsp turmeric powder
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add black tea and turmeric.
2. - Simmer for 3 minutes, strain, and add honey.



Black Tea with Turmeric and Honey



1



6 minutes

Black tea contains antioxidants like theaflavins, which have been shown to reduce inflammation. Turmeric adds curcumin, enhancing the anti-inflammatory effect and supporting joint and muscle health. This combination helps increase overall energy levels and combat fatigue while reducing inflammation and oxidative stress.

NOTES

A robust, slightly spicy tea with anti-inflammatory and energizing effects.

INGREDIENTS

- 1 cup water
- 1 oolong tea bag
- 5 cilantro leaves
- 1 tbsp honey

INSTRUCTIONS

- 1.- Boil water and steep oolong tea and cilantro leaves for 3-4 minutes.
2. - Remove and add honey.



Oolong Tea with Cilantro



1



5 minutes

Oolong tea has polyphenols that can help reduce inflammation and improve mental alertness. Cilantro contains antioxidants and anti-inflammatory compounds that support detoxification and digestive health. This unique combination provides a refreshing, aromatic tea that aids in digestion and boosts metabolism.

NOTES

Adds a unique flavor profile and can be enjoyed in the afternoon to promote digestion.

INGREDIENTS

- 1 cup water
- 1 tbsp apple cider vinegar
- 1/2 tsp cinnamon
- 1 tbsp honey

INSTRUCTIONS

1. - Heat water and add apple cider vinegar and cinnamon.
2. - Stir in honey and serve warm.



Apple Cider Vinegar and Cinnamon



1



5 minutes

Apple cider vinegar contains acetic acid, which has been shown to help regulate blood sugar and reduce inflammation. Cinnamon adds further anti-inflammatory benefits and antioxidants, supporting heart health and digestion. This tea helps balance pH levels in the body, promotes digestion, and reduces inflammation linked to chronic conditions.

NOTES

Best consumed warm in the morning to support metabolism and balance blood sugar levels.

INGREDIENTS

- 1 cup water
- 1 tsp dried moringa leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add moringa leaves.
2. - Steep for 5 minutes, strain, and add honey.



Moringa Leaf Anti-Inflammatory Tea



1



6 minutes

Moringa leaves are a powerhouse of anti-inflammatory compounds, including isothiocyanates, which help fight chronic inflammation. They are also packed with vitamins A, C, and E, which act as antioxidants to neutralize free radicals. This tea is excellent for boosting immunity, improving digestion, and supporting healthy joints and skin.

NOTES

Excellent for providing a nutrient boost, especially after physical activities.

INGREDIENTS

- 1 cup water
- 1 white tea bag
- 1 tbsp dried elderberries
- 1 tbsp honey

INSTRUCTIONS

- 1.- Boil water and steep white tea with elderberries for 4-5 minutes.
2. - Remove and add honey.



White Tea with Elderberry



1



6 minutes

White tea has high levels of catechins and polyphenols that help reduce inflammation and protect against cell damage. Elderberries are known for their strong antioxidant profile and ability to boost the immune system, reducing the duration of cold and flu symptoms. This tea is a gentle, immune-supporting option with anti-inflammatory benefits.

NOTES

A light, fruity tea perfect for any time of day; supports immune health year-round.

INGREDIENTS

- 1 cup water
- 1 tsp dried nettle leaves
- 1 tsp lemon balm
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add nettle and lemon balm.
2. - Steep for 5 minutes, strain, and add honey.



Nettle Leaf and Lemon Balm



1



7 minutes

Nettle leaves have been used for centuries for their anti-inflammatory properties, primarily due to the compounds they contain that inhibit pro-inflammatory pathways. Lemon balm has calming and anti-inflammatory properties that can help reduce stress-related inflammation. Together, they create a soothing tea that promotes relaxation and reduces chronic inflammation.

NOTES

Can be enjoyed warm or chilled; known to help reduce seasonal allergies.

INGREDIENTS

- 1 cup water
- 1 tbsp dried dandelion root
- 1 tbsp grated ginger
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add dandelion and ginger.
2. - Simmer for 5 minutes, strain, and add honey.



Dandelion and Ginger Digestive Tea



1



10 minutes

Dandelion root supports liver health by promoting the production of bile, which aids digestion and helps flush out toxins. Ginger complements this with its anti-inflammatory and digestive properties, helping to reduce bloating and soothe the stomach. This tea is ideal for digestive health and reducing inflammation related to gastrointestinal issues.

NOTES

Supports liver health and detoxification; best consumed in the evening.

INGREDIENTS

- 1 cup water
- 1 tbsp dried beetroot
- 1 tbsp dried hibiscus
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add beetroot and hibiscus.
2. - Steep for 5 minutes, strain, and add honey.



Beetroot and Hibiscus Tea



1



8 minutes

Beetroot contains betalains, which are anti-inflammatory compounds that help reduce inflammation and oxidative stress. Hibiscus adds an extra dose of antioxidants, including anthocyanins, which help combat free radicals and lower blood pressure. This tea supports cardiovascular health, detoxification, and overall inflammation reduction.

NOTES

Vibrant in color and taste; beetroot adds a subtle earthy flavor that pairs well with the tartness of hibiscus.

INGREDIENTS

- 1 cup water
- 1 tsp dried holy basil leaves
- 5-6 fresh mint leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add holy basil and mint leaves.
2. - Steep for 5 minutes, strain, and stir in honey.



Holy Basil (Tulsi) and Mint Refresh



1



7 minutes

Holy basil (Tulsi) is revered in traditional medicine for its adaptogenic and anti-inflammatory properties. It helps reduce stress, lower cortisol levels, and combat inflammation. Mint adds a refreshing, soothing effect that aids digestion and further calms inflammation. This tea is perfect for stress relief and enhancing overall well-being.

NOTES

Great for stress relief and promoting mental clarity; suitable for evening relaxation.

INGREDIENTS

- 1 cup water
- 1/2 tsp turmeric powder
- 1/2 tsp grated ginger
- 1 black tea bag
- 1/4 tsp cinnamon
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add turmeric, ginger, and cinnamon.
2. - Simmer for 5 minutes.
3. - Add the black tea bag, steep for 2 more minutes, remove, and stir in honey.



Turmeric and Ginger Chai



1



10 minutes

Turmeric and ginger are both known for their strong anti-inflammatory effects, helping to reduce joint pain and muscle soreness. The addition of black tea provides a gentle caffeine boost and antioxidants that support heart health. Cinnamon enhances the anti-inflammatory effect while adding warmth and flavor.

NOTES

A warming, spiced tea that can be enjoyed with a splash of milk for added creaminess.

INGREDIENTS

- 1 cup water
- 1 tsp dried thyme
- 1 tsp lemon balm
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add thyme and lemon balm.
2. - Steep for 5 minutes, strain, and add honey.



Thyme & Lemon Balm Tea



1



7 minutes

Thyme contains thymol, a compound with anti-inflammatory and antimicrobial properties, making it effective for sore throats and respiratory health. Lemon balm has soothing properties that help reduce stress and inflammation. This tea is perfect for unwinding after a long day and promoting restful sleep.

NOTES

Known for supporting respiratory health and calming the nervous system; ideal before bed.

INGREDIENTS

- 1 cup water
- 1 tsp matcha powder
- 1 tbsp lemon juice
- 1 tbsp honey

INSTRUCTIONS

1. - Heat water (not boiling) and dissolve matcha powder.
2. - Add lemon juice and stir in honey.



Matcha & Lemon Wellness Blend



1



5 minutes

Matcha is rich in catechins, particularly EGCG, which has been shown to lower inflammation and support metabolic health. Lemon juice adds vitamin C and antioxidants that boost the immune system and help detoxify the body. This tea provides a smooth energy lift and helps combat inflammation throughout the day.

NOTES

Provides a gentle caffeine boost without the crash; ideal for mornings or mid-day pick-me-ups.

INGREDIENTS

- 1 cup coconut milk
- 1 tsp turmeric powder
- Pinch of black pepper
- 1 tbsp honey

INSTRUCTIONS

1. - Heat coconut milk in a pan.
2. - Add turmeric and black pepper, simmer for 5 minutes.
3. - Stir in honey and serve warm.



Turmeric-Pepper Coconut Latte



1



8 minutes

Coconut milk provides healthy fats that aid in the absorption of turmeric's curcumin, enhancing its effectiveness. Black pepper boosts curcumin absorption significantly, making this latte a potent anti-inflammatory drink. This creamy blend helps reduce joint pain and inflammation and is perfect as a comforting, warm drink.

NOTES

Rich and creamy; perfect as an alternative to morning coffee with added anti-inflammatory benefits.

INGREDIENTS

- 1 cup water
- 1 tbsp dried calendula flowers
- 1 tsp orange zest
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add calendula flowers and orange zest.
2. - Steep for 5 minutes, strain, and stir in honey.



Calendula & Orange Zest



1



7 minutes

Calendula is known for its anti-inflammatory and skin-healing properties, making it useful for calming inflammation internally and externally. Orange zest adds a boost of vitamin C and antioxidants that help fight free radicals and boost immune health. This tea is soothing and promotes skin and overall health.

NOTES

Light and floral with a hint of citrus; calendula is great for skin health and healing.

INGREDIENTS

- 1 cup water
- 1 tsp dried ashwagandha root
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add ashwagandha root.
2. - Simmer for 5 minutes, strain, and stir in honey.



Ashwagandha Stress-Relief Tea



1



7 minutes

Ashwagandha is an adaptogen that helps the body manage stress, which can reduce stress-induced inflammation. It has anti-inflammatory compounds that support joint health and reduce cortisol levels. This tea is excellent for relaxation and reducing chronic inflammation caused by stress.

NOTES

Helps manage stress and promotes restful sleep; best consumed in the evening.

INGREDIENTS

- 1 cup water
- 1/2 tsp anise seeds
- 1 chamomile tea bag
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add anise seeds.
2. - Steep chamomile for 5 minutes, strain, and stir in honey.



Anise & Chamomile Tea



1



7 minutes

Anise seeds have anti-inflammatory and antimicrobial properties that can help soothe the digestive system. Chamomile complements this with its calming and anti-inflammatory effects, making it ideal for relaxation and reducing inflammation in the body. This tea is great for winding down at night.

NOTES

Soothes the digestive system and helps with sleep; perfect as a nighttime tea.

INGREDIENTS

- 1 cup water
- 1/2 tsp cinnamon
- 2 crushed cardamom pods
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add cinnamon and cardamom.
2. - Simmer for 4 minutes, strain, and add honey.



Cinnamon & Cardamom Delight



1



8 minutes

Cinnamon and cardamom are both rich in antioxidants and anti-inflammatory compounds that can help reduce swelling and pain. Cardamom contains cineole, which has anti-inflammatory effects, while cinnamon supports heart health and stabilizes blood sugar levels. This tea is warm and comforting, perfect for relaxing with a soothing drink.

NOTES

A comforting, warming blend that pairs well with baked treats; great for relaxing afternoons.

INGREDIENTS

- 1 cup water
- 1 green tea bag
- 1 tsp dried marjoram
- 1 tbsp honey

INSTRUCTIONS

- 1.- Boil water and steep green tea with marjoram for 4-5 minutes.
2. - Remove and add honey.



Marjoram & Green Tea Tonic



1



6 minutes

Marjoram has compounds that help reduce inflammation and provide pain relief, making it helpful for joint pain and muscle soreness. Green tea enhances these benefits with its high levels of catechins and polyphenols, which reduce inflammation and support cardiovascular health. This tea is great for a gentle pick-me-up.

NOTES

Supports relaxation while still providing a gentle energy boost; great for early afternoons.

INGREDIENTS

- 1 cup water
- 1 rooibos tea bag
- 1 tsp dried orange peel
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and steep rooibos with orange peel for 5 minutes.
2. - Remove and stir in honey.



Rooibos with Orange Peel



1



7 minutes

Rooibos is naturally caffeine-free and contains polyphenols that help fight inflammation and oxidative stress. Orange peel adds a fresh, citrusy flavor along with vitamin C, enhancing immune support and reducing inflammation. This tea is perfect for evening relaxation and promotes heart health.

NOTES

Naturally caffeine-free and full of antioxidants; perfect as a nightcap.

INGREDIENTS

- 1 cup water
- 1 tbsp dried hibiscus
- 1 tbsp dried raspberry leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add hibiscus and raspberry leaves.
2. - Steep for 5 minutes, strain, and stir in honey.



Hibiscus & Raspberry Leaf Tea



1



8 minutes

Hibiscus is rich in antioxidants that combat free radicals and lower inflammation, while raspberry leaves contain tannins and flavonoids that provide anti-inflammatory benefits. This tea is supportive of women's health and can help reduce menstrual pain and general inflammation.

NOTES

Can be enjoyed hot or iced; raspberry leaves provide additional support for women's health.

INGREDIENTS

- 1 cup almond milk
- 1 tsp turmeric powder
- 1/2 tsp almond butter
- 1 tbsp honey

INSTRUCTIONS

1. - Heat almond milk in a pan.
2. - Add turmeric and almond butter, simmer for 5 minutes.
3. - Stir in honey and serve.



Golden Milk with Almond Butter



1



10 minutes

Almond butter provides healthy fats that support the absorption of turmeric's curcumin, enhancing its anti-inflammatory properties. Turmeric helps reduce joint pain and inflammation, while almond milk adds a creamy base that complements the anti-inflammatory benefits.

NOTES

A rich, satisfying drink perfect for unwinding; great for evenings to soothe the body and mind.

INGREDIENTS

- 1 cup water
- Pinch of saffron
- 1/2 tsp cloves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add saffron and cloves.
2. - Simmer for 3-4 minutes, strain, and stir in honey.



Saffron and Clove Infusion



1



8 minutes

Saffron contains antioxidants like crocin that help reduce inflammation and improve mood, while cloves have eugenol, which has natural anti-inflammatory and pain-relieving effects. This combination creates an exotic, soothing tea that is both flavorful and therapeutic.

NOTES

A unique and slightly exotic tea; pairs well with light snacks or after-dinner treats.

INGREDIENTS

- 1 cup water
- 1 tsp lemon verbena
- 5-6 peppermint leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add lemon verbena and peppermint.
2. - Steep for 5 minutes, strain, and stir in honey.



Peppermint and Lemon Verbena



1



7 minutes

Lemon verbena helps soothe inflammation and calm the digestive tract, while peppermint has menthol, which provides cooling and anti-inflammatory effects. This tea is perfect for easing digestive discomfort and reducing stress-related inflammation.

NOTES

Refreshing and calming; suitable for hot summer days when served iced.

INGREDIENTS

- 1 cup water
- 1/2 tsp turmeric powder
- 5-6 fresh mint leaves
- 1 tbsp honey

INSTRUCTIONS

1. - Boil water and add turmeric and mint.
2. - Simmer for 4 minutes, strain, and add honey.



Turmeric-Mint Fresh Brew



1



7 minutes

Turmeric provides curcumin, which has strong anti-inflammatory effects, while mint soothes the stomach and enhances digestion. The combination is perfect for reducing joint pain, improving gut health, and refreshing the body.

NOTES

Great for mornings when you need a refreshing, anti-inflammatory start to the day.