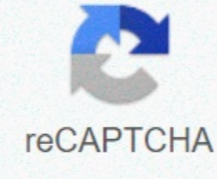




I'm not robot



Continue

Teh good life guide to medicinal tea

This Woash guide walks how to choose the right types of tea for your body. Tea Guide Content types: (click on the links below to jump to each section) Feel free to skip any information that inspires you the most. My Beginnings With Tea I've always been a special tea drinker, never coffee (shocking I know), I started drinking tea with my Oma when I was younger when orange Pekoe was upright in a pot and I was responsible for filling my glass with a few very scoops of half milk and sugar. Tea became a daily habit at the end of this early cup, I quickly became obsessed with coziness and creamy sweetness brought me every cup. I was always looking forward to a morning cup, which eventually ceded my curiosity, and I started looking for different types of tea. After 10 years of drinking a very English-style cup of tea and dinging tea called Apple Custard and Pomegranate Punch, new cultures quickly came to see the world and I went overseas in my early 20s. I quickly realized that it was much harder to find a cup of black tea with milk and sugar than at home. The menus were filled with a wide range of herbs subbed into traditional black tea and a cup of tea. I like to try new things so I quickly accept their love for herbal teas and high quality black and green tea. As I researched many countries and soaked up every culture I came across on tea plantation tours, I was excited to see how tea was made and learn about its history. Standing on the outskirts of a tea plantation in South East Asia (wearing someone else's gumboots as I didn't pack this) you have to learn firsthand the importance of tea within your own economy, ceremonies and medical resources with a self-proclaimed 5-generation tea sommelier. We were just discussed 'tea plant,' camellia sinensis, which is a plant that creates all different types of tea, (black, green, oolong, white and pu'erh) but a variety of herbs that are very important for domestic and general health in different areas. It was my experience that tea is just a comfortable, delicious substitute for coffee to increase caffeine or for any other reason consuming it other than its delicious taste. Since then and thanks to many other trips you have managed to learn and experience a whole new side of tea that seemed extremely lost to me in North America. This WOASH mission, the gap between traditional herbal medicine and modern health was carefully bridged by the craftsmanship of deliberate tea mixtures, which were used in natural benefits and taste profiles of each substance, to improve and promote overall health. Going deeper into the strength of plants, I was completely shocked at how useful all kinds of tea can be for our overall health, the strategic art of plant ingesting, and how everyone can react differently to a particular plant. We Plants have their own unique constitutional makeup, including herbs that can help the constitution of energetic balance or imbalance. Four Body Constitution One constitution consists of four respects: hot/cold, desearable/dry, each person and four energetic with herbs have a unique makeover. The goal of Chinese herbalism and Ayurveda is to balance four aspects using different wellness practices, including herbs, to improve overall health. Herbalism is a lifetime journey of work and something I just took a look into into personal interest. I'm not an herbalist and I don't claim. I was lucky to have worked with experienced tinsel nutrition and plant to create and design each tea mix. Our different tea varieties are strategically blended for a unique purpose, using the natural benefit of each plant to improve and support the asset state you want. We can make a more educated and intuitive choice of how we can feed ourselves to support our health when we become more compatible with how our body feels and how we want to feel. It is not at all a great shock that each of us is incredibly different from our personal plan to our environment, habits and goals, that a particular type of tea is at its best during a particular phase or season, and that it offers the same results at a different time. The beauty about different teas and herbs is that it is an endless experiment that requires us to check in with the needs of our body and make our body more intuitive about how it feeds. Some tea blends and herbs are large for some and not too large for others, others have an endless list of 'safe' herbs that carry a more balanced energetic if they can progress or reduce symptoms depending on the personal constitution, extremely warming/cooling or dampening/drying. Being aware of our personal constitution will give you the knowledge to choose different types of tea for your unique needs. Discover the type of tea for your body Constitutional Diagram If there is a warmer constitution for example then herbs such as ginger and cinnamon will increase the temperature level and can cause you to feel uncomfortable or cause inflammation. If you have a cooler constitution warming herbs like ginger and cinnamon on the other side they will be great for you as they will increase circulation and escape body heat by balancing out cool energetic. We must be patient, curious and listen to what our body has to say to us as we explore different types of tea and begin the journey of discovering which teas are most beneficial to us right now. Intuitive nutrition This practice does not happen overnight but over time it will become stronger and eventually you have to follow your body's tips on what it needs most at that moment. It comes from a curious place Allows you to try new things and discover the infinite natural benefits of tea. For me, try to lean into my request; This season (winter) I have longed for our DIGEST blend, which helps to balance extra dryness during these cold months, with fresh mint and moisturizing marshmallow root and licorice. I tend to have a drierish constitution that will be strengthened throughout this season, so it will help to balance my constitution with dampener herbs. Another big thing about using different types of tea as nutrition is how easy it can be applied into everyday habits. We are surrounded by nature's natural remedies and tea, which is an excellent way to include herbal medicine into the diet. Instead of trying to remember to take a handful of vitamins at a certain time of day or between the eating schedule, (which I may not seem to do), a steep tea mixture that will feed your needs, enjoy a few slow moments and the comfort of a hot cup of tea. Consistency is key when it comes to supporting the overall healthy with natural nutrition and herbal remedies. Tea can be easily applied into the daily routine, available on the go and in these slow moments that we all need a little more in our daily lives ... The more habitually we consume a drug, the more we can observe its effects on our health. This means that when we start trying different types of tea, be patient in the process and see how you feel. I only have a one-day tea routine but it depends on how I feel and what my body tends to bend towards different mixtures during the week. My Tea Routine Begins every day with the yet nutritious cup that stimulant PICK ME UP tea, which kicks in my energy levels, increases my mental alertness, circulation and digestion. Think by noon nisbet to support mental focus and low stress. For the evening, this day depends and what kind of support my body needs; digestion relief - DIGEST, strengthening immunity - Soothing immune or nervous system - ME TIME. Tea contains a wide range of natural benefits that offer different therapeutic benefits. Checking in with how you feel throughout the day by listening to your body and its signs is a way to communicate with you; runny or dry cough, depleted skin, a sore muscles, aches, pains, inflammation or discomfort all tell us what we need, but it has become difficult to do in our community. I suggest you slow down, take a minute to check in and listen to what they're trying to tell you, then let the experiment begin! Types and Benefits of Tea If you want to support and try different types of tea to improve the situation you want to have but probably where do I even start? If you're thinking, We made it easy, every mix to help you discover what you need for your unique needs by purpose and narrative. Each of our blends offers the right blend for you and an in-depth explanation to make sure you choose for your unique needs: Designed for general benefits Flavor profile Why we created the tea mix When to drink the tea mixture A detailed description of each plant and a few different ways to enjoy the tea mixture what the tea mixture does in it Here are a few different types of tea that we can recommend depending on your unique constitution : Stinging Nettle Nettle is a relatively safe plant for everyone but ideal for hot and destitute constitutions as it can be a little cooling and drying. This is one of our favorite herbs for women, and our body's daily diet is usually packed with lack of minerals, so our PERIOD mixture is one of the main substances. For the best: Natural detoxification teas with nettle leaf Elderberry Elderberries that help regulate a large healthy menstrual cycle for seasonal allergy symptoms that can increase iron levels in women's health (skin, hair, nails, bones) are one of the most famous Chinese herbs to reduce the symptoms of common colds and flu and feel a cold coming from my go-time. If packaged with vitamin C, the sweet dark mulberry aroma has antiviral properties, is rich in antioxidants and contains anti-inflammatory properties. For these reasons there must be a clause for our immunity mixture. Elderberries are energetic cooling and drying, so they are best for hot and westy constitutions. Best for: Respiratory infections and flu symptoms (during the on-start signs of a weakened immune system) Ear Infections Herpes Teas with Elderberry Tulsi (also known as Holy Basil) A plant of a lifetime, herbal remedies rather than life longevity focus, a large sample of a Tulsi plant has several benefits that mean it is consumed over a lifetime for its adaptogenic properties; antimicrobial, aromatic digestion, relaxing ribbine, antioxidant, immune booster and analgesic. This aromatic plant is a must to relieve daily stress and support the nervous system, so our calming ME TIME mixture is our main substance. It is a relatively safe plant for all constitutions but it can be a little warming and drying so it is best for cool and westy constitutions. Best for: Stress Anxiety Viral and fungal infections Herpes Pain Cold and Flu Tea with Tulsi Rose Just a beautiful flower, rose petals and rose hips are packed with both internal and external nutritious benefits. It is most commonly used for inflammation, and its antioxidant properties are a one to support the nervous system with pain, colds and anxiety and depression aromatically. Rose cooking and tea blends are a nice accent. Rose is a substance that is a substance of the hip our THINK blend to help relieve stress. Best for: Inflammation Stress Anxiety Pain Cold Infections Teas with Rose Dandelion One of the most common herbs we walk or constantly pull out of our grass is yet those plant leaves and flowers are packed with the benefits of roots. Our digestive systems can think twice about using the pull 'weed' due to its nutritious benefits on the liver and help to hold water if necessary. This plant taste is quite bitter and sweet and good blends with aromatic herbs. Dandelion is helped by action on the liver to support healthy digestion, as the painful kick begins the liver to relieve slow digestion. It is also known to help balance intestinal flora and hormone levels. In general this 'weed' has plenty of nutritious qualities that most of us don't like and should be considered twice before pulling it out. Best for: Digestive Stimulating Healthy Liver Function Balancing Hormones Pain Foods Despite Cocoa this is not considered a tea but we couldn't talk about herbs without talking about the benefits of cocoa (shockingly, I don't like anything chocolate). Cocoa has been used for centuries to improve his mood, anti-inflammatory and stimulating properties. I'm talking about real cocoa, pretty bitter dark stuff that is mass produced and not sweetened. Cocoa is also known to stimulate brain function and relieve fatigue. For all chocolate lovers, go ahead! Best for: Improving soul relaxing fatigue Stimulating brain function Anti-inflammatory Astragalus A proactive plant to strengthen the immune system with its adaptogenic properties. It's time for you to include Astragalus into your daily routine if you suffer from a cold or find yourself always struggling with symptoms. This plant flavor is a bit bittersweet and has been used for centuries to help with immune system disorders, seasonal allergies and fatigue. You can use Astragalus with a tinge or tea while cooking or during movement. Best for: Immune booster Frequent cold Increased energy General health (heart, kidneys and liver) Red Clover Is one of my favorite herbs for skin, this calming, cooling plant helps with lymphdrainage, anti-inflammatory properties and highly nutritious. Red Clover is widely used for menstrual cramps and menopause symptoms, as well as respiratory infections. This strong plant flavor is a bit sweet and can easily be added to any tea mix for a support of benefits! Best for: Healthy skin Lymphatic drainage Respiratory function Menstrual irregularity Menopause We are surrounded by endless natural remedies that support, heal and nourish the ailments of our body, not about herbal remnant masking or remediating symptoms, rooting the problem and healing your body and the best over time is focused on offering natural solutions. Tea is a great way to go Apply herbal benefits into the daily routine and provide access to a variety of different varieties of tea. If you are curious to discover all the benefits of our ingredients and where you check the Herbal Dictionary here source them! Body Constitution Quiz Check-in will support the situation you want with unique needs and intuitive presence and general health that offers the nutrients your body needs to balance the constitution. Take the time to discover the best type of tea for your body if you're wondering what your Constitution is and the type of tea that best suits you, enter your email below to get the Constitution Test and start supporting and improving the longevity of your health! Health!