



46 BEST TEAS FOR EVERY AILMENT

Posted on November 12, 2020 by Ann Marie

Good health comes with not just the food you eat, but also with what you drink. So why don't you ditch your unhealthy sodas and grab a healthier alternative instead? Drinking herbal teas provide a wide range of selections as well as a variety of health benefits.

1. Green Tea for Weight Loss

Gather leaves from the tea plant (*Camellia sinensis*). The ratio will be 1 tsp for every 1 cup of tea. Boil the water and keep the temperature at the ideal 80°C to 85°C. A temperature of more than 90°C can make the tea bitter. Place the leaves on a small strainer and place the strainer on a mug or cup. Pour water over the strainer and let it steep for 3 minutes. Take the strainer out and you may opt to add 1 tsp of honey for flavor.

2. Peppermint Tea for Tension Headaches and Migraines

Prepare 15-20 fresh peppermint leaves and rub them together on your hands to get some leaf extracts. Boil 2 cups of water. Once boiling, turn off the burner and add the leaves for about 10 to 15 minutes. Strain the leaves. You may serve with honey or a bit of lemon.

3. Chamomile Tea for Mild Skin Conditions Such as Mild Eczema

For hot chamomile tea: Boil 1 cup of water. Steep 1 tbsp of loose chamomile leaves for 5 minutes. Strain the mixture and serve warm.

For cold chamomile tea: Steep 1 tbsp of loose chamomile leaves in 1 cup cold water for 12 hours. Strain and serve.

4. Jasmine Tea to slow down skin Aging

Use 2 grams of leaves for every 1 cup of water. Boil pure or filtered water to a temperature of 72°C to 82°C. Too hot will make the tea bitter. Steep the tea leaves from 30 seconds to 3 minutes depending on how strong you want the flavor to be. Cover the cup while you steep. Strain leaves and serve the tea.

5. Rose Tea to Alleviate Stress

Put 2 tbsp of rose petals on a small saucepan. Cover with 2 cups of water. Simmer over medium-high heat for 5 minutes or until rose petals change color. Remove from heat and strain off leaves. You may opt to serve the tea with honey.

6. Chrysanthemum Tea for Liver Detoxification

Boil water to around 38°C. Add 3-6 dried chrysanthemum flowers to 1 cup of boiled water.

Steep for 3-5 minutes or until the tea turns a shade of golden yellow. Strain the flowers out of the tea.

7. Lavender Tea for Stomach Cramps

Boil 1 cup of water. Add 4 tsp of fresh lavender buds in a tea sachet. Place the sachet in a cup and pour the boiled water over it. Steep for 10 minutes. Remove the tea sachet and enjoy your warm drink!

8. Calendula Tea for Inflamed Gums and Canker Sores

Add either 1 tbsp of fresh or 2 tsp of dried calendula flowers to 1 cup of water in a saucepan. Bring to a boil and lower down the heat to simmer for 10 minutes. Strain the flowers out and drink the tea. You may also use the tea (not hot) to wash your foot, face, scalp, and skin. Calendula tea can be refrigerated for up to 1 week.

9. Rose Hip Tea as an Immune System Booster

For fresh rose hips: Wash and rinse rose hips to remove dirt. In a cup of hot water, place 4-8 cleaned rose hips. Steep for 10-15 minutes. Remove rose hips from the tea. Serve and enjoy!

For dried rose hips: Place 1-2 tsp of dried rose hips in a teabag. Put the bag in a cup of boiled water. Steep for 10-15 minutes. Remove the teabag and serve warm. You may add honey for extra sweetness.

10. Ginger Tea for Motion Sickness

Slice an inch of fresh ginger. Put it in a pan and add 1 cup of water. Bring to a boil on high heat. Reduce to simmer for 5-10 minutes depending on how strong you want the taste of the tea to be. Remove the ginger particles by straining. Serve with lemon or orange slices. You may also add honey or maple syrup for extra sweetness.

11. Hibiscus Tea for Constipation

For hot hibiscus tea: Boil 1 cup of water to 98°C. Add 1.5 tsp of loose hibiscus and steep for 5 minutes. Strain and serve warm.

For cold hibiscus tea: In 1 cup of cold water, add 1.5 tsp of loose hibiscus and steep for 12 hours. Strain and serve cold.

12. Lemon Balm Tea as a Natural Antibiotic

Gather, clean, and chop ¼ cup of fresh lemon balm leaves. Heat 1 cup of water in a microwave or over medium-high heat.

Put the leaves on a mug and add hot water. Steep for 10 minutes.

Strain the leaves. Serve with honey if you want an added sweetness.

13. Dandelion Tea to Prevent Urinary Tract Infection

Gather about 2 cups of dandelion flowers and leaves and thoroughly clean them. Place the flowers and leaves on a saucepan and cover with 4 cups of water. Bring to a boil. After boiling, cover the saucepan and remove it from heat. Let it steep for 3 hours or overnight for the best result. Strain the flowers and leaves.

14. Rooibos Tea for Allergic Rhinitis and Asthma

Add 1 tsp of rooibos tea leaves to a cup. Bring 1 cup of water to a boil. The water temperature should not be more than 100°C. Pour hot water over tea leaves and steep for 5 to 7 minutes. Run the tea through a sieve to remove loose leaves. Serve warm.

15. Lemongrass Tea to Increase Red Blood Cell Count

Use 1 fresh lemongrass stalk in making the tea. Remove the outer skin of the stalk and wash thoroughly to remove dirt and other impurities.

Fold the stalk several times and tie a knot in between by using the leaf of the stalk itself.

Put the folded and tied stalk on a saucepan, add 3 cups of water. Let it boil and simmer for 15 minutes. Serve hot. You may add honey for sweetness.

16. Rosemary Tea to Protect From Macular Degeneration

Add 1 tsp of dried rosemary herbs to 1 cup of boiling water. Steep for 5 minutes or longer. Run through a sieve to remove herb particles. Serve hot.

17. Olive Leaf Tea to Manage Diabetes

Pour 1 cup hot water over 20 dried olive leaves. Steep for 10 minutes and strain afterward. You may add 1 tsp honey or 1 tsp lemon extracts for added flavor.

18. Licorice Tea for Peptic Ulcers and Acid Reflux

Add 1 tbsp of licorice root to 1 cup of water in a saucepan. Bring to a boil and simmer for 10 minutes.

Turn the heat off without removing the pan from the heat. Let it stand for 5 minutes. Strain the liquid and serve.

No need to add honey and other sweeteners since licorice is already sweet.

19. Barley Tea Prevents Tooth Decay

Roast 2-3 tsp of barley in a pan for 5-10 minutes or until it turns dark brown. Add the roasted barley to a small pot with 8 cups of water. Bring to a boil and cover with a lid. Reduce to simmer for 20 minutes. Strain the liquid to remove roasted barley. Serve and enjoy.

20. Cinnamon Tea for Improved Heart Health

In a saucepan, submerge 1 cinnamon stick in 1 cup of water. Bring to a boil and cover. Reduce heat and simmer for 15 minutes. Remove from heat and strain to a mug. You may add 2 tbsp of honey or a dash of lime juice when serving.

21. Orange Peel Tea to Burn Fat

Add 1 tsp of chopped orange peels to 1 cup water in a saucepan. Let it boil for 10 minutes.

Remove from heat and let it sit for 3 minutes more before straining the tea. You may add cinnamon or honey to your orange peel tea.

22. Juniper Berry Tea for Heartburn

Boil 2 cups of water and pour it over ½ tsp of dried juniper berries. Steep for 10 minutes. Strain. Add honey for extra flavor!

23. Fennel Tea for Breast Milk Production

Using a mortar and pestle, crush 1-2 tbsp of fennel seeds. Pour hot water (not boiling) over the crushed seeds and cover with a lid. Steep for 10 minutes. Strain the tea and serve.

24. Raspberry Leaf Tea for Labor Stimulation and Ease of Childbirth

Boil 1 cup of water and add 1 tsp crushed and dried raspberry leaves.

Steep for not less than 5 minutes. Strain and drink.

25. Sage Tea for Excessive Sweating

You can use either 2 tbsp fresh or 1 tbsp dried leaves. Put the leaves in a cup or mug and pour over with hot water. Let it steep for 5-10 minutes. Strain the leaves particles and enjoy your drink.

26. Holy Basil Tea for Expectorating Phlegm

Boil 1 cup of water and add 2-3 fresh basil leaves. Boil for 3 minutes or until the water absorbs the color and flavor of the leaves. Remove the leaves from the liquid. You may add 1 tsp of honey or ½ tsp lemon juice for more flavor.

27. Eucalyptus Tea for Muscle and Joint Pain

Prepare 4 pieces of eucalyptus leaves. Make sure that you have thoroughly cleaned the leaves before placing it in a pot with 2 cups of water. Bring it to boil. Steep the mixture for 15 minutes. Pour your eucalyptus tea into a mug and drink.

28. Kava Tea for Seizures

Boil 2 to 3 cups of water in a pot. Add 2 to 4 tbsp of ground kava root in a strainer inside a large bowl. Pour your hot water into the strainer bag. Steep the mixture for about 5 to 10 minutes. Squeeze the strainer bag to remove the milky-brown-like liquid. Transfer the solution to a cup. You can add some ice cubes and enjoy your drink right away!

29. Passion Flower Tea for Attention Deficit-Hyperactivity Disorder (ADHD)

Use 1 tsp of dried leaves or 2 tsp of fresh leaves standard mixture per cup of tea. To start, boil 1 cup

of water in a pot. Place the leaves in a strainer over a large bowl. Pour the hot water over the leaves and leave it for 5 to 10 minutes. Remove the leaves and transfer the tea to a cup.

30. Thyme Tea for Cough

Mix 6 twigs of fresh cleaned thyme in a pot with 2 cups of water. Boil the mixture in medium-low heat for 5 minutes.

Add 2 tsp of lemon extract. Decrease the heat to low and steep the mixture for another 5 minutes.

Remove the pot from the stove and let the tea cool. Pour the mixture into a cup, you can add honey and serve your tea.

31. Marshmallow Root Tea for Dry Mouth

Mix 1 tbsp of grounded marshmallow root in a small mason jar. Pour 1 cup of warm (not boiling) water in the jar over the marshmallow root powder. Gently shake the ingredients inside and refrigerate for 4 hours or overnight. Strain the roots and enjoy your tea!

32. Guava Tea for Lowering Blood Sugar

Clean the guava leaves in running water while boiling 1 ½ cup of water in a pot. Add the leaves and let it steep for 5 to 10 minutes. Separate the leaves from the mixture and pour it into your mug. You can add honey to taste!

33. Yerba Tea for Mental Alertness

Boil 1 cup of water in a pot. Place 2 tsp of yerba mate in a strainer bag in a bowl, pour in your hot water (but not boiling) over the yerba powder.

Steep for 5 minutes and strain.

Transfer your mixture into a mug and drink! You can add honey for a sweet taste of yerba tea.

34. Elderberry Flower Tea to Reduce Cholesterol Levels

Boil 1 cup of water in a pot. With your strainer, add 1 teaspoon of dried elderberry flowers. Then, pour the hot water over the dried flowers. Steep the mixture for about 10 minutes. Remove the strainer and drink your tea.

35. Cranberry Tea as an Oral Antiseptic

Prepare a large saucepan and add 4 cups of water mix with ½ cup of fresh cranberries. Boil both mixtures in mid to low heat for about 30 minutes. Add ½ cup sugar, 1 tbsp lemon juice, 2 tbsp orange juice, 1 cinnamon stick, 2 whole cloves, and a pinch of salt and mix. Remove the saucepan from the heat. Cover and let it steep for 1 hour. You can remove or leave the cranberries.

36. St. John's Wort Tea for Depression, Anxiety and to Increase Appetite

Boil 1 cup of water in a pot. Add 2 to 3 tsp of fresh flower and steep for 5 minutes.

You can steep it longer to achieve and get its nutritional benefits. Strain and remove the flowers out. You can add sugar or honey for a sweeter taste.

37. Yarrow Tea for Irritable Bowel Syndrome

Boil 1 cup of water in a pot on medium-low heat. Add 1 to 2 tsp of dried leaves and flowers into the pot.

Steep the mixture for about 5 to 10 minutes. Remove the pot from the stove, let it cool. Transfer to your mug and drink!

38. Nettle Tea for Fever and Enlarged Prostate

Rinse 1 cup of loose nettle leaves thoroughly under running water while boiling 2 cups of water in a pot. Add the leaves to the pot. Steep for 10 to 15 minutes or wait until the water turns light green. Remove the leaves and transfer the strained mixture to your cup. You can add honey for extra flavor.

39. Honeybush Tea to Improve Bone Health

Heat water to 100°C. Bring water to boil and let sit for a minute. Place 1 tsp of dried honeybush tea leaves in a cup.

Pour the water over the tea leaves. Steep the ingredients for 5 minutes. Strain the leaves before drinking your tea.

40. Echinacea Tea to Boost Immunity and Fights Infection

Boil 1 cup of water in a pot. Once boiling, turn the heat to low. Add 1 tbsp of dried Echinacea. Cover

and steep for 5 minutes. Remove the pot from the stove. Strain and drink. Add some flavors like lemon or honey.

41. Moringa Tea for Hypertension

Gather ½ cup of Moringa leaves and boil it in 1 ½ cup of water for 5 to 10 minutes. Let it cool and drink.

42. Pine Needle Tea to Fight Against Bacterial and Viral Infections

Gather 1 cup of fresh pine needles and rinse them in cold water. Chop each needle and remove the defectives. In a saucepan, boil 3 cups of water and add the chopped needles. Stir and steep the ingredients for 15 to 20 minutes. Strain the pine needles and drink! You can add maple syrup for a sweeter taste.

43. Turmeric Tea for Arthritis

Boil 4 cups of water in a saucepan. Add 2 tsp of powdered turmeric. Let it simmer for 10 minutes.

Strain the tea and allow it to cool for 5 minutes. Adding honey and lemon can spice up the taste. Drink and enjoy!

44. Valerian Root Tea for Insomnia

Boil 1 cup of water in a saucepan to 90 to 96°C. Add 1 tsp of dried Valerian root. Steep the ingredients for 10 minutes. Strain and drink the tea 30 to 60 minutes before bedtime to help you sleep.

45. Anise Seed Tea for Dysmenorrhea

The standard mixture is 1 cup of water per 2 whole anise seeds. Bring the water to a boil in a pot. Add the anise seeds. Steep for 15 minutes. Strain the seeds and drink. You can add a natural sweetener like honey.

46. Ginkgo Tea for Alzheimer's Disease and Dementia

Place 1 tsp of ginkgo leaf in a bowl and pour hot water over the leaves. Cover and steep for 5 to 10 minutes. Remove the leaves or strain. Pour into your cup. You can add lemon juice or honey for better taste.

With this wide selection, you'll never get bored with the monotonous taste since you can change the type of tea to suit your mood and your taste buds. Moreover, unlike soda that is healthy, and coffee that is bitter to taste, tea is healthier and can be sweet if you mix it with honey, which is more nutritious than synthetic sugars.

You may also like:

[10 Teas That should Always be In Your Cupboard](#)

[Erratic Blood Sugar? Never Eat This Veggie](#) (Video)

[Just like Xanax, the Anxiety Relieving Plant That Grows in Your Backyard](#)

[Plant of The Week: St. John's Wort](#)

[The 7 Most Powerful Medicinal Tea Blends](#)

Comments



Charlene Filip - 2021-08-29 11:53:35

hi, can i use the Hibiscus Tea For Constipation for my child who is 2 years old?



Vera Danley - 2020-12-18 22:37:15

It is ver good to put in cofee too!



The Lost Herbs - 2020-11-17 07:52:04

Hi Cynthia, The number one rule of foraging is to positively identify the plant. After you've positively identified the type of pine tree, and are sure it's edible, you'll be cutting off green pine needles, not the brown ones that have fallen to the ground. If some of the needles are a lighter green than others- use those. They're the freshest growth. Next, remove the green needles from the woody branch. Trim off any brown, dried off needles. If you want, cut the needles into smaller pieces. God bless!



Cynthia - 2020-11-14 14:26:56

Is it really safe to go picking up pine needles making a tea and drinking it.?



The Lost Herbs - 2020-11-13 16:00:52

Hi Carmen, Thank you for your comment. There are several varieties of chrysanthemum, ranging from white to pale or bright yellow in color, however, the most popular ones used for tea are the yellow or white flowers of Chrysanthemum Morifolium or Chrysanthemum Indicum. God bless!



The Lost Herbs - 2020-11-13 15:52:22

Hi Wayne, Thank you for your feedback. We really appreciate it! God bless!



wayne - 2020-11-13 06:07:53

thank you for this information very interesting



Carmen - 2020-11-12 16:50:07

Are all chrusanthemums all alike? Can you use anyone for tea?