



Pre-Formulated Teas and Extracts

Our pre-formulated teas and extracts are for sale and can be ordered upon request by Nutrition and Herbal students and graduates of MUIH. Simply tell us that name of the item you would like to order and the total amount you need. You can send your request to: herbs@muih.edu.

Seasonal Teas

“Surviving Food, Family & Fun – Get me through this Holiday Season!” -

Eleuthero root – Supporting your body’s natural response to stress and exhaustion

Dandelion root – A great tonic for the digestive system restoring function

Yellowdock root – Traditionally used to increase bowel sluggishness and healthy digestion

Fennel seed – Eases the digestive woes of eating too much food including indigestion and bloating

Licorice root – Helps restore adrenal function and combat fatigue

Cardamom seed – Warming, digestive soothing and very tasty in autumn.

Instructions: Add 3.5g to 2 cups of water on the stove. Bring water and herb to a boil. Turn down heat and let simmer for 15 minutes. Strain and drink in the presence of great company.

“Fall gently into the change of the Seasons”

Ashwagandha root- Helps the body adapt to long term stress at the cellular level

Echinacea root- An immune tonic supporting the body’s natural resistance

Burdock root- Detoxifying and grounding herb that helps to build the blood

Licorice root- An adrenal tonic that is soothing to the digestive track and respiratory track

Orange peel and Lemon peel- Supports your digestive system to combat effects of over eating

Instructions: Add 7g to 3 cups of water on the stove. Bring water and herb to a boil. Turn down heat and let simmer for 15 minutes. Strain and drink to your health and wellbeing.

“O’ Holy Night Tea” – December Special

Holy Basil – For centuries Holy basil has been used to ease mental tension and promote spiritual enlightenment

Linden leaf & flower – This beautiful plant has a unique composition of phytonutrients that are mildly sedative

Marshmallow root – Slightly sweet and wonderful for bringing moisture into the body

Lemonbalm herb – Highly fragrant, uplifting and calming for the mind

Elderberry fruit – An amazing antioxidant while providing a potent boost for the immune system

Catnip herb – My favorite plant for the anxious children awaiting holiday fun and easing their excitability

Lavender flowers – Deeply fragrant, relaxing and supportive of an uplifted mood

Instructions: For a strong relaxing brew, add 10g to 1.5 cups of hot water and steep for 20 minutes. Strain & drink.

“Winter Wonderland Powder 2015”

Cinnamon bark- This herb is naturally sweet and balancing to blood sugar.

Marshmallow root- Neutral and soothing for the digestive tract.

Dandelion root- A great tonic for the digestive system restoring function.

Ginger root- Warm and spicy circulatory, digestive and immune support.

Cardamom seed- Warming and calming digestive aid.

“Heart Nurturing Tea” - February Special

Hawthorn leaf & flowers – The red berries and leaf are cardioprotective and collagen stabilizing

Milky oat spikelets – Improves the energy of the heart as well as tonifying it.

Motherwort herb – Supporting the rhythm and strength of the heart, simultaneously calming anxiety

Gotu kola herb – Adaptation to mild stressors

Lavender flowers – Relaxing and sedating

Stevia leaf – A very small amount is added to bring sweetness to life

Instructions: Steep 8g of herb in 3-4 cups of water for 15 minutes, strain and drink throughout the day.

“Heart Honoring Powder”

Hawthorn berry- A cardio tonic, cardio protective and an antioxidant

Gotu kola herb - A circulatory tonic, which improves the flow of blood and strengthens the veins

Bacopa herb- A Cardiotonic and a tonic for the brain

Haritake fruit- This Ayurvedic herb is a tonic for the heart and has antioxidant properties

Cinnamon bark - A potent antioxidant also helps to increase circulation

Instructions: Add 3g to a smoothie or water and drink down twice a day.

“Nervous System Relaxing Tea”

Skullcap – Calming to the mind, and a sedative for nervousness and anxiety

Lemon balm- “A balm for the heart” this herb helps relieve anxiety

Linden leaf and flower- A soothing herb with relaxing effects on the heart, it brings energy from the head downward.

Passionflower herb- Helps to reduce anxiety, with mild sedative affects

Rose petals - Uplifts mood, soothes the heart and helps to relieve effects of trauma and grief

Instructions: Steep 8g of herb in 3-4 cups of water for 15 minutes, strain and drink throughout the day.

“Spring Tea Blend”

Nettle leaf- The ultimate spring herb, full of iron and minerals this tonic herb is healing for many systems of the body

Dandelion leaf- Enjoy some gentle kidney support with this cleansing diuretic that is full of minerals.

Skullcap herb- This green balancing herbs is supportive for anxiety and stress.

Linden leaf and flower- Healing to the heart and nervous system this sweet flower and leaf is helpful for stress relief.

Rose petals- This flower is heart supportive, anti-inflammatory and beautiful!

Instructions: Steep 6g in 2-3 cups of boiling water for 10 minutes. If you want to do an iced tea, strain the herbs and add ice. Enjoy this tea to support you through the seasonal shifts this spring!

“Summer Floral Coolada”

Elder flower: Immune supportive, sweet and gentle for kids and elders alike.

Hibiscus: Cooling when overheated, this herb is used traditionally throughout the world as an iced tea to keep the body cool.

Rose: Astringent, and cooling, full of vitamin c, this lovely flower is also a gentle herb for children.

Chamomile: Anti-inflammatory and calming to the digestive tract and nervous system, this lovely yellow flower is also gentle enough for kids.

Instructions: Steep 4.5g in 2-3 cups of water for 10 minutes, you may double for a larger amount. If you want to do an iced tea, strain the herbs and add ice, natural sweetener and a lemon to cool down. Enjoy while working in the garden, by the pool or at your barbeque, etc.!

“Keep Cool Tea”

Hibiscus flowers: Cooling your body when you are overheated, this herb is used traditionally throughout the world to support fluid balance and support heart health as well.

Sage leaf: This herb is one of the main go to cooling herbs for many herbalists, helps cool hot flashes and is tonifying the mind.

Rose petals: Gentle, astringent, heart nourishing and cooling, this lovely flower is also a gentle herb for children.

Chamomile flowers: Anti-inflammatory and calming to the digestive tract and nervous system. Enjoy the sweet and bitter compounds in this sweet flower.

Peppermint leaf: Cooling and uplifting to the spirits, peppermint is an aromatic herb and healing to the digestive system.

Instructions: Steep 5g of the “Keep cool” tea in 2 cups of boiling water for 15 minutes, strain and drink hot or cold. Add ice and a drop of honey to help cool down on these hot and humid late summer days!

Digestive Bitters extracts

Traditional Swedish bitters formula

Hydroalcoholic extract of Angelica root, Rhubarb root, Gentian root & Orange peel

Instructions: Take 15-30 drops in 1oz of water 20 minutes prior to mealtime

Aromatic bitter formula

Hydroalcoholic extract of Mugwort herb, Calamus root, Cinnamon bark, Cardamom seed pods, Ginger rhizome.

Instructions: Take 15-30 drops in 1oz of water 20 minutes prior to mealtime

Essential oils

The Herbal Dispensary now purchases the following 100% pure essential oils in bulk from Aura Cacia. The oils are resold in 5ml and 12ml restricted insert glass bottles (larger sizes available on request):

	<u>5ml</u>	<u>12ml</u>
Lavender	\$7.50	16.00
Peppermint	4.50	10.00
Tea tree	4.50	10.00