February Tea Specials

Pre-Formulated Teas and Powders
Our pre-formulated teas and powders are for sale and can be ordered upon request by 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.

“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- A soothing herb with relaxing effects on the heart, it brings energy from the head downward.

Passionflower- Helps to reduce anxiety, with mild sedative affects

Rose- 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.
“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 powder - A potent antioxidant also helps to increase circulation

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

“Heart Nurturing Tea”

Hawthorn leaf & flowers – The red berries and leaf are cardio protective 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.

All bulk herbs are $0.15 per gram. For example: 50g= $7.50; 100g= $15.00. Normal student discount applies.