

“To Health, Long Life & Pleasures! “Show

Hosted by Lillian Zeltser

Sweet Dreams

Functional Herbal Tea for Stress Relief

If you are feeling stressed or anxious, you may want to try one of the below teas to calm your nerves and ease your tension. In 1993, while on a natural stimulant expedition across different parts of India, I discovered many delicious and effective herbal tea recipes from the indigenous people.

These recipes have been used for centuries to help people deal with stress, anxiety, and post-traumatic psychological problems.

Among all the recipes, there is one that I love the most. It is not only aromatic and pleasant to taste, but it also effectively restores inner balance, promotes sweet relaxing sleep, and helps to improve mood the following morning.

‘Sweet Dreams’ Tea

This tea can help to achieve great sensual relaxation by promoting deep comforting sleep, and pleasant dreaming. Please note that good quality ingredients are paramount.

Ingredients: 50g of each – Tulsi, Chamomile, Milk Oats, Rose, Marshmallow Root, Eleuthero (Siberian ginseng), Ashwagandha. Mix all ingredients and place in a clean jar with an airtight lid.

Preparations: Add 1 Tablespoon* of the mix to 1 cup of hot water. Steep for 5–10 min, strain, sip, and slowly savour the warmth and the aroma. Enhance the effect by adding some milk, and/or sweetener.

** The dosages can vary according to the severity of your condition and personal preferences. Listen to your body and intuitively adjust the dosage that resonates the most with you.*



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