

WINTER HEALING TEAS



Holiday greetings from Ed Bauman

Great time for a pot of warm tea, a big exhale and inner smile. We are nearing the end of a bumpy 2022. I send well wishes, appreciation and blessings for 2023. Mindfulness tip: the Serenity Prayer.

*Grant me the serenity
To accept the things I cannot change (you)
The courage to change the things I can (me)
And the wisdom to know the difference. (we)*

Tolerance is the new workout program.

Tea is the beverage of choice during the holidays. Here's some home blends you can brew using organic loose herbs and spices, if you can procure them at your natural food store or online. Info on conditions they support, amounts and references provided below. I'd love to hear back from you after you try drinking 2 cups a day of any of these between now and the end of the year. Great for kids, seniors, spouses, friends, even pets. fine to share. These came from my friend and colleague, Dr Issac Eliaz.

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One

All B Well

Healing Spice Tea

This sweet and spicy tea is made with ginger, cinnamon, and turmeric, and it helps recharge your [immune system](#), fight off illness, balance your blood sugar, and keep you going all winter long.

Ginger adds numerous healing powers to this warming brew. (1) Studies confirm ginger's effectiveness against a long list of diseases (2), including:

- Viral and bacterial infections
- Arthritis
- Diabetes
- Dementia
- High cholesterol
- GI (gastrointestinal) upset
- Migraines

Along with its ability to fight off viruses and calm [inflammation](#), **cinnamon** helps keep blood sugar under control – a must when the [cold weather](#) has you craving more carbs. (3) Clinical trials show that cinnamon lowers fasting blood sugar and improves insulin response in people with diabetes and prediabetes. (4)

Best known for its bright golden color, **turmeric** contains curcumin, one of the world's most studied natural compounds. Packed with antioxidants and anti-inflammatory properties, this Indian spice offers substantial immune protection, helping to combat viruses, bacteria, free radicals, and inflammation. (5) Clinical studies show that curcumin in turmeric helps to reduce cancer risk, ease depression, and alleviate arthritis pain (in some cases, as effectively as NSAIDs). (6, 7, 8)

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Ingredients:

Makes 2 cups

- 1½ tsp. fresh turmeric, grated
- 1 tsp. fresh ginger, grated
- 2 cinnamon sticks
- 3 cups of water

1. Put turmeric, ginger, cinnamon sticks, and water in uncovered medium saucepan.
2. Bring to a boil, then reduce heat and simmer for 20–30 minutes (flavors intensify with more time).
3. Strain tea into two cups and enjoy.

Stress-Be-Gone Tulsi Tea

The Hindu religion considers tulsi – also known as holy basil – sacred, and it is revered for its therapeutic potential. This [ancient medicinal herb](#) acts as an adaptogen, a compound that brings balance to your body. Along with that balance, tulsi also has strong detoxifying properties that help your body deal with a wide variety of stressors (from pollution to [emotional distress](#) to cold weather). (9) Tulsi also helps provide protection against bacteria, viruses, and other pathogens. (10)

Clinical trials show that tulsi effectively treats a variety of health conditions, including: (11)

- Viral infections
- Type 2 diabetes
- Obesity
- Gout
- High blood pressure
- [Anxiety](#)
- Chronic stress

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You can count on this “Queen of Herbs” to keep you healthy, balanced, and calm (yet also energetic) all winter long.

Ingredients:

Makes 2 cups

- 2 tsp. dried tulsi leaves
- 2 cups boiling water

1. Place 1 tsp. dried tulsi leaves in each cup (works best with a tea ball).
2. Pour boiling water into each cup, then cover cups and let steep for at least five minutes.
3. Strain infusion (or remove tea ball) and enjoy.
4. For an extra healthy boost, you can steep your tulsi tea with ginger and cinnamon for added spice, or with hibiscus flower for a hint of sweetness and greater benefits.

Hibiscus Antiviral Tea

Hibiscus plants offer much more than garden decoration. Since ancient times, hibiscus flowers have been brewed into medicinal teas and used as remedies for everything from constipation to liver disease. Modern research shows that hibiscus can treat high blood pressure and high cholesterol, fight obesity, and kill cancer cells. (12, 13, 14)

And when it comes to keeping you healthy during the winter season, this sweet-tart tea really shines. Studies show that hibiscus has strong antiviral properties — strong enough to kill even highly infectious strains of bird flu and other deadly flu viruses. (15, 16) Hibiscus also boosts your immune system’s own effectiveness when pathogens attack.

Ingredients:

Makes 2 cups

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- 1½ tbsp. dried hibiscus flowers
- 2 cups water

1. Place water in a small saucepan and bring it to a boil.
2. Turn off the heat, then add in hibiscus flowers.
3. Cover the mixture and let it steep for 15–20 minutes.
4. Strain the tea into two cups and enjoy.
5. For a flavorful health boost, steep your hibiscus tea with a cinnamon stick.

Easy Elderberry Syrup Tonic

When it comes to fighting colds and flu, elderberry is a time-honored remedy that offers potent support. (17) Numerous human clinical trials have shown that elderberry shortens the duration of [infections](#) and relieves symptoms quickly. (18, 19) One study found that flu patients taking elderberry got symptom relief four days faster and used less medication than people taking placebo. (20)

Along with fighting infections, elderberry supplies several essential vitamins and minerals, offers protection against inflammation, strengthens the immune system, and regulates blood sugar. (21, 22)

Instructions:

Elderberry syrup is commonly found wherever vitamins and herbs are sold. You can turn any hot beverage into an antiviral powerhouse by adding elderberry syrup. Mix a spoonful into a cup of herbal tea to make a sweet and tangy winter tonic.

Nourishing Mushroom Tea

[Medicinal mushrooms](#) come packed with curative compounds that can help you sail through the winter without even a sniffle. And when those medicinal

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mushrooms are combined in a healing blend, the immune protective powers multiply. Some of the most well-studied medicinal mushrooms are:

- Coriolus (Turkey Tail)
- Ganoderma (Reishi)
- Agaricus
- Cordyceps
- Umbellatus
- Maitake

These mushrooms offer strong antiviral and antibacterial activity, fighting off cold and [flu viruses](#) while nudging your immune system into action. (23) On top of that, medicinal mushrooms have been shown in several clinical trials to help fight various forms of cancer, improve quality of life for people suffering from [chronic diseases](#), and restore healthy kidney function. (24, 25, 26)

Instructions:

Add a teaspoon of botanically enhanced medicinal mushroom [powder](#) to one cup of hot water for natural immune support. Sweeten with honey or enjoy as a savory brew. For added immune protection, you can mix [medicinal mushroom powder](#) into any hot drink, including cocoa, chai tea, and coffee. You can even add a shot of mushroom powder into your favorite soup.

Citrusy Health Tonic

For immune system support, gentle detox action, and powerful protection against numerous health conditions, add clinically proven Modified Citrus Pectin (MCP) to your daily routine. The key is to use the correct, extensively researched form of MCP ([PectaSol](#)), which is highly bioavailable and bioactive throughout the body. (27) This original form of MCP has been substantiated in more than 80 published studies over the past few decades, and is shown to deliver essential benefits for our most critical areas of health:

- Increases [immune system](#) activity (28)
- Removes toxic metals (like lead and mercury) (29)

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- Prevents cancer from metastasizing (30)
- Stops tumor growth and kills cancer cells (31)
- Fights inflammation (32)
- Reduces risk of heart disease, including atherosclerosis (hardened arteries), (33) and heart failure (34)

Instructions:

Add one scoop of MCP powder to one cup of hot water for soothing immune-system support; include a squirt of lemon juice to brighten the flavor. You can also add a scoop of MCP to your favorite herbal tea. Make sure to stir briskly so the powder dissolves completely. MCP works best on an empty stomach, so drink this healthy tonic away from food.

Lift your tea mug or tonic glass to greater vitality with the power of time-tested, research-backed wellness tonics. These seasonal superheroes deliver outstanding protection and therapeutic benefits, and they boost long-term vitality— not just during cold and flu season, but all year long.

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