



The Herb Tea Book

Dorothy Hall

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Brew your own natural drinks for long-lasting health, wellbeing - and unique gourmet flavor. - For most of us, coffee and tea are THE hot drinks - and fine sources of caffeine and tannin, stimulants which irritate the body rather than help it. In this comprehensive guide, Dorothy Hall, a foremost herbalist, shows how a variety of flavorful herbal teas, many of them known since antiquity, can help heal and strengthen the system by totally natural means, relieve minor complaints and promote the good health that prevents serious disease - and at the same time provide unique taste sensations that will make the old standbys seem harsh and unimaginative.

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