



The Good Living Guide to Medicinal Tea: 50 Ways to Brew the Cure for What Ails You

Jennifer Browne

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More than just a warm and comforting drink, tea has medicinal properties that are widely underused in North America. Common herbs, spices, fruits, and barks have been scientifically proven to help relieve pain, menopause symptoms, high blood pressure, insomnia, stress, and digestive angst. When taken preventatively, certain herbs in tea can help fight off cancer cells, heart disease, and even Alzheimer's disease and fibromyalgia. By learning about what these various natural ingredients are capable of and how they work, readers can begin to treat many ailments with what grows in their gardens—plants that have been used in eastern medicine for thousands of years.

The Good Living Guide to Medicinal Tea invites readers into a world of medicinal plants, instructs on the specific healing properties of each, matches them to ten common North American health disorders, and provides simple tea recipes readers can make in their own homes.

Late Japanese author Okakura Kakuzo has been famously quoted as saying, "Tea began as a medicine and grew into a beverage." *The Good Living Guide to Medicinal Tea* encourages readers to turn their favorite drink back into medicine—and outlines exactly how to accomplish this. With the help of beautiful photographs and an easy dialogue, Jennifer Browne clearly explains to readers how teatime can garner impressive health benefits.

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