

Herbal bedtime tea and how it works

According to researchers, drinking chamomile tea is associated with an increase of glycine, a chemical that relaxes nerves and muscles and acts like a mild sedative. The addition of lemon balm and lavender in this tea blend is an ancient remedy for sleeplessness that helps calm the mind and induce relaxation.

- 2 tablespoons chamomile
- 2 tablespoons lemon balm
- 1 tablespoon lavender
- 9 press and seal tea bags or alternative

Directions:

Mix the chamomile, lemon balm, and lavender in a bowl. Spoon 2 teaspoons of the mixture into each tea bag. With your iron on “cotton” press the tea bags closed along the open side.

Alternatively put 2 teaspoons of the mixture into a cloth, drawstring tea bag.

For travel place 3 to 5 tea bags in an empty Altoids tin or similar container. Label the container with directions for use. Store in your travel first aid kit.

To use: Place the tea bag in a mug. Pour boiled water over the tea bag in the mug. Cover and steep for 15 minutes. Press the tea bag and remove from the mug. Drink the herbal tea, while reducing thoughts that bring anxiety. Enjoy the fragrance of the tea. Be mindful of the experience of the tea. This will help nourish both your mind and body and ready it for sleep.

Precautions:

If you are allergic to lavender substitute peppermint or marjoram for the lavender in this tea blend. This tea is safe enough for very young children and nursing mothers. Those who are allergic to ragweed may also be allergic to chamomile.

