

HERBAL TEA DIY

by Candace Borg from Northcote Natural Therapies



Ingredients:

- 1 tsp dried thyme leaves
- 1 tsp maple syrup (or to taste)
- 1/2 lemon squeezed
- 1 cup boiling water

Recipe:

Infuse thyme leaves in boiling water for at least 5 minutes (then thyme leaves can either be left in or removed).

Add the juice of half a lemon and for extra flavour, plunge the peel in the tea. If you do so, only use a non-treated/organic fruit.

Slightly sweeten the tea by adding about one teaspoon of maple syrup.

Benefits:

Thyme is great for the lungs. It is antimicrobial (kills some bugs particularly bacteria and fungi), antioxidant, and an expectorant (helps lungs to bring up mucous).

Lemon is antioxidant, reduces the production of kidney stones, supports weight loss, improves skin quality, aids digestion, freshens breath.

Maple syrup contains antioxidants and other nutrients, it is considered to be anti-inflammatory, better alternative to sugar due to its glycemic index and may help the skin.