



# Cramp Relief Tea

Cramp bark and her cousin black haw have long been used by indigenous peoples of North America and early American physicians to prevent miscarriage and relieve painful menstrual cramps, leg cramps, after-birth pains, muscle spasms, and asthma. I've used these herbs with hundreds of women over the years to ease their menstrual cramps. Both work wonders, especially when taken in conjunction with daily magnesium. Cramp bark will often relieve leg cramps when all else fails.

## Ingredients:

- 1 tablespoon cramp bark or black haw
- 1 ½ cups water

## Directions:

Combine herb and water in a saucepan and bring to a boil. Cover. Turn heat on low and simmer, covered, for 10 minutes. Turn off heat and let the mixture steep for another 10 minutes. Strain. Sweeten with honey, if desired. Store in your refrigerator for up to 3 days.

## How to Use:

Take 2 Tbsp of tea every 2 to 3 hours, as needed.

**Note:** If you have difficulty finding these herbs, ginger works well for menstrual cramps; you can prepare similarly, just increase to 4 Tbsp. every 2-3 hours, or as needed.