



Chamomile Tea

Children and adults alike can benefit from the calming effects of chamomile. This gentle herb has been found highly effective for relieving anxiety and helping people with sleep difficulties. I think many of us could benefit from a warm mug of chamomile tea in today's chaotic world.

Ingredients:

- 2 teaspoons German chamomile flowers
- 1 cup water

Directions:

Put the chamomile flowers in a mug and pour freshly boiled water over the herb. Let it steep 3 to 5 minutes. Strain the liquid through a tea strainer.

How to Use:

Drink a cup to settle the stomach, to soothe the nerves, or just to make the world feel a little quieter. If desired, add a bit of honey and/or lemon.

Note: If you have a severe ragweed allergy, swap the chamomile for lemon balm, it has many of the same benefits.