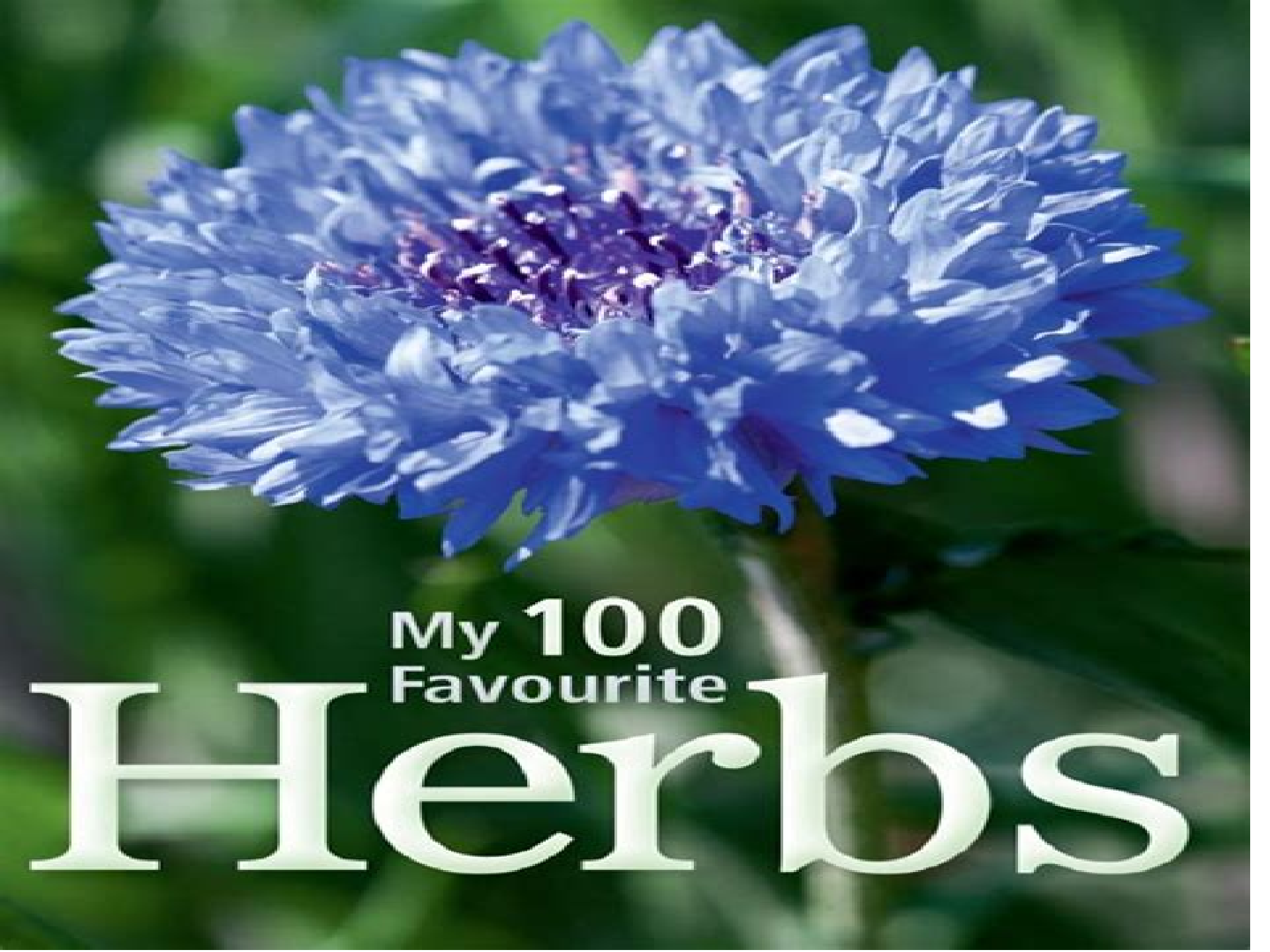




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for Healthy Living Margaret Roberts, 2011-08-26 As the world takes more and more to the idea of using alternative remedies particularly the use of herbs there is no better time to introduce the broad variety of herbal teas that provide both medicinal and herbal alternatives The teas featured in this book while chosen for their health properties are also extremely enjoyable soothing and provide exciting substitutes to traditional beverages *Herbal Teas for Healthy Living* is part of the Healthy Living series which also includes *Herbal Beauty for Healthy Living* *Pregnancy and Child Care for Healthy Living* and *Tissue Salts for Healthy Living* **Tea** Margaret Roberts, 2015-04-01 Tea is one of the most widely consumed beverages in the world second only to water It can be drunk hot or cold and can be made from the traditional tea plant or any number of herbs and spices many of which have remarkable healing properties In this beautifully designed book herb expert Margaret Roberts explains how to make a perfect delicious cup of tea that is also healing and refreshing The teas are presented in alphabetical order according to their principal ingredient the therapeutic values of which are explained This charming informative book is perfect for anyone interested in health wellness and using natural remedies to enhance their wellbeing

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