



- Finest Organic & Wildcrafted Herbs
- Over 60 Tea Blends!
- Made in Australia
- Herbalist Designed
- Made in small batches for freshness
- 50g Packs make up to 100 cups
- No preservatives, colourings, flavourings or sweeteners



Enjoy a variety of refreshing and great tasting teas hot or cold, whilst gaining wellness benefits. It doesn't matter what life stage you're at, whether you're a toddler, teenager, new mother or advancing in years, there's a herbal tea or three that can help you along your incredible health journey. *Enjoy good health.*

# Health Conditions

## Herbal Teas Australia Wellness

**W**elcome to **Herbal Teas Australia** Organic Herbal Teas. We're glad you're here. This is where you can find a herbal tea blend that may be beneficial and enjoyable. You will see a list of common ailments matched with the relevant herbal tea from our organic and wildcrafted tea range.

### What Tea For Which Ailment?

**Herbalist and Founder, Elizabeth Breit** has detailed a little about the actions of the herbs that she has selected for each blend to explain how that particular tea may help with your health issue.

Please note: This information is not intended as medical advice. If symptoms persist it makes sense to seek advice from your healthcare practitioner.



#### **ACNE, PIMPLES, ECZEMA, DERMATITIS – Skin, Detox**

The Skin tea is a combination of blood cleansing and digestive herbs that may help with pimples and acne. As many skin issues may be an indication that the liver is overloaded, the Detox tea, with its liver supporting and detoxifying herbs, may help to clear many skin issues.

#### **ALLERGIES – Detox, Eyes, Immune**

Some allergies may be caused by an overloading of the liver so it makes sense to drink a tea with liver detoxifying herbs. The Immune tea may help the body's immune system to resist allergens. The Eyes tea may be helpful for allergic sinus issues and the tea may also be used as a eye wash in the case of irritated eyes from allergy.

#### **ANAEMIA – Blood Balance**

The beautiful red colour of this tea, combining hibiscus and rosehips can be a very good tonic for the blood. Avoid black tea & coffee as they may impair the absorption of iron.

#### **ANXIETY – Calm, Calm with Lavender, Stress Head**

Both the Calm tea blends may help to relieve tension. The Stress Head tea has herbs that may calm the adrenal glands and help in traumatic times.

#### **ARTHRITIS – Aches & Pains**

Combining Turmeric, an anti-inflammatory and White Willow Bark, a natural pain reliever, this blend may ease soreness & joint pain.

#### **BED WETTING, INCONTINENCE, BLADDER ISSUES – Urinary**

This herbal tea combines herbs that may help to soothe the bladder and kidneys, especially if the bed-wetting is a physical problem. If it is emotional combine this tea with the Calm tea.

#### **BLOOD PRESSURE (HIGH OR LOW) – Blood Balance, Stress Head**

Hawthorn leaf, a herb used in both these blends, is well known for its action of helping to regulate blood pressure, whether it is high or low, this herbs tea helps bring it to balance.

## **BOWEL – INFLAMMATION, IBS (IRRITABLE BOWEL SYNDROME) CROHNS DISEASE – [Tummy](#), [Mint](#) [Magic](#), [Detox](#), [Lemongrass & Ginger](#)**

Peppermint and Ginger are both digestive herbs but act in different ways. Each of these teas may help to soothe an inflamed digestive system, may ease the symptoms and improve digestion. They work best in combination with a change of diet.

## **BREAST FEEDING, TO STIMULATE MILK PRODUCTION – [Breastfeeding](#)**

The herbs in this blend are “mother’s milk” herbs and may stimulate and enrich breastmilk.

## **BRONCHIAL & UPPER RESPIRATORY ISSUES – CATARRH – [Cough](#), [Lucky Lemon](#)**

The Cough tea is especially good for throat irritations and may soothe a sore throat. Sometimes, for bronchial coughing, the lemony herbs in Lucky Lemon tea with a little raw honey, can be an option for children.

## **CALMING NIGHTTIME DRINK FOR KIDS – [Calm](#)**

A delicious combination of Spearmint (for digestion) with Calendula and Chamomile may help to relax before bedtime.

## **CHILBLAINS – [Circulation](#)**

Chilblains are painful and are caused by a combination of extreme cold and poor circulation. The herb Ginkgo Biloba in both the circulation tea and the Hill Out tea may improve the circulation.

## **CHRONIC FATIGUE, ADRENAL EXHAUSTION – [Fatigue](#), [Sleep](#)**

The Fatigue tea combines herbs that may help with adrenal exhaustion and weariness. The Scullcap in the Sleep tea is a nerve tonic as well as sedative so it can help to have a relaxed sleep.

## **COLD HANDS & FEET – [Circulation](#)**

Ginkgo Biloba in this blend helps to widen blood vessels which means hands, feet, and organs receive an increase in blood flow & oxygen, and that is why this herb is beneficial for the brain, central nervous system and vascular system.

## **COLD SORES – [Immune](#)**

The herpes virus usually takes hold in the form of cold sores when the immune system is depressed so boosting the immune system may help to prevent and/or lessen the duration of cold sores.

## **COMPLEXION – [Skin](#), [Detox](#)**

Many skin issues are an indication that the liver might be overloaded with toxins. The Skin tea has blood cleansing and digestive herbs including Burdock which acts on the liver as well. The Detox tea may help to support the liver which is our main detoxifying organ.

## **CRADLE CAP – [Hair \(use as a rinse\)](#)**

The Hair tea can be used as a hair rinse and massaged into the scalp to help treat an itchy scalp. Because Cradle Cap is a dietary issue, cutting out dairy products may improve the condition.

## **DEPRESSION, MOODINESS, GRIEF & TRAUMA – [Stress Head](#), [Serenity](#), [Fatigue](#), [Calm](#)**

The Serenity tea is a happy tea made with herbs that are mood elevators. The tea is designed to help relieve stress & tension and make you happy. If the depression is associated with trauma, then Stress Head tea can help to calm the adrenal glands and help you to cope.

## **DETOXIFICATION – [Detox](#)**

The Detox tea is a herbal tea that will support any detox regime. With liver supporting and blood cleansing herbs, it’s a gentle and non-purging tea to drink any time of the day.

## **DIABETES – [Cravings](#), [Spearmint & Licorice Root](#)**

Licorice root is a very sweet herb that can satisfy any sweet cravings without disrupting blood sugar levels. Gymnema is another herb I have used because it is referred to as the “sugar destroyer”, helping to break down sugars.

## **DIZZINESS, LOW BLOOD PRESSURE – [Blood Balance](#)**

Dizziness may be an indication of low blood pressure so the herbs Hibiscus and Hawthorn leaf will help to regulate blood pressure and ease the dizzy sensation.

### **EXHAUSTION – [Fatigue](#), [Stress Head](#), [Sleep](#)**

Adrenal exhaustion can cause extreme fatigue and weariness and those symptoms are addressed in the Fatigue tea. Sometimes, extreme stress and trauma can cause the adrenals to become depleted and the Stress Head tea will support this situation. When restless sleep is the cause of exhaustion, then the herbs in the Sleep tea can help stop mind chatter and calm the body for a relaxing night's sleep.

### **FERTILITY ISSUES – [Feminine Balance](#)**

Chaste berry (Vitex Agnus Castus) and Dong Quai are both hormone regulating herbs and Damiana helps to regulate the hormonal system.

### **FEVER – [Lucky Lemon](#), [Lemongrass & Ginger](#)**

Fever, or excessive body heat, is the body's response to toxicity or infection. The herbs in both Lucky Lemon and Lemongrass and Ginger can help to cool and relax.

### **FLATULENCE – [Tummy](#), [Mint Magic](#), [Detox](#)**

Flatulence is a sign that all is not well in the digestive system. It could be there is not enough enzymes to properly break down foods or you are sensitive to the proteins and sugars in certain foods. Peppermint, Spearmint and Ginger are digestive herbs that can stimulate digestive juices and relax digestive muscles so that food spends less time in the intestines to prevent it from fermenting.

### **FLUID RETENTION – [Weight](#)**

Fluid retention is when fluids that normally flow through the body pool in tiny spaces between your cells. It is more common in women than men because women have larger spaces between cells, which is nature's way of allowing for expansion during pregnancy. The herb Cleavers in the Weight tea is a natural diuretic that also supports your kidneys.

### **FUNGAL INFECTIONS, THRUSH – [Candida](#), [Urinary](#)**

The herb Pau D'Arco in both Candida tea and Urinary tea is a very potent anti-fungal herb that can help with the symptoms of yeast infections, including Candida Albicans.

### **GINGIVITIS – [Cough \(drink & use as a mouth wash\)](#)**

The herb Sage is a natural anti-septic and the Cough tea, used as a gargle is one of the best remedies for gum disease, sore throat and tonsillitis.

### **HANGOVER – [Hangover](#)**

This herbal tea may help to settle stomach acid, ease nausea, break down sugars and support the liver. An ideal blend to drink after a big night out!

### **HAYFEVER, ITCHY EYES, ITCHY THROAT – [Eyes](#)**

The herb Eyebright is a specific remedy for eye problems & recommended for any inflammatory eye conditions. Chamomile & Calendula are healing and soothing. Can be used as an eye wash for sore, irritated eyes

### **HEAD LICE – [Hair \(used as a hair rinse too\)](#)**

The astringent action of the herbs in the Hair tea makes it as good hair conditioner and scalp cleanser.

### **HEARTBURN, INDIGESTION & BLOATING – [Tummy](#), [Mint Magic](#), [Restless Legs](#), [Detox](#), [Lemongrass & Ginger](#)**

The herbs Peppermint, the main herb used in Tummy, Restless Legs & Mint Magic, helps to relax the smooth muscles of the digestive tract and that way, reduce colic, flatulence, nausea & vomiting. Ginger, the herb used on Lemongrass & Ginger & the Detox blends, is digestive and also relieves colic, flatulence, indigestion.

### **HIGH URIC ACID IN BLOOD, ACIDOSIS – [Kidney & Gout](#)**

The Gout tea is a combination of blood cleansing herbs, especially Nettle, so it can help to remove uric acid build up. The herbs may also neutralize acid in the body.

### **HOARSENESS – [Cough](#)**

The herbs Thyme and Sage are very effective in relieving sore throats and with Marshmallow root, will soothe and help to heal most throat issues.

### **HOT FLUSHES, NIGHT SWEATS – [Menopause](#), [Lemongrass & Ginger](#)**

The herb Sage is the main ingredient in Menopause and it has a remarkable ability to stop perspiration and that is why it is a good counter for night sweats and hot flushes. Lemongrass and Ginger is a cooling tea so can be an ideal drink during the day to replace caffeine.

### **INSOMNIA, RESTLESSNESS – [Sleep](#)**

The herb Scullcap is a relaxant & a nerve tonic, helping to relief stress & tension. It is also sedative and can help to calm busy mind chatter. This tea is safe for children who have difficult settling at night.

### **ITCHY THROAT – [Cough](#)**

The herbs Thyme, which is anti-bacterial & Marshmallow root, which will sooth any inflammatory condition, combine well with Sage, an anti-septic, to ease various throat irritations.

### **LIVER ISSUES, CONSTIPATION – [Detox](#), [Tummy](#), [Constipation](#)**

The Detox tea & Tummy tea both have the liver herbs, Milk thistle & Dandelion leaf. The Constipation tea combines digestive herbs with Senna leaves to normalize bowel motions.

### **LOW IMMUNITY, CONTINUOUS COLD & FLU DURING WINTER – [Immune](#), [Winter Blend](#)**

The Immune tea is a combination of the 4 best immune boosting herbs, Astragalus, Echinacea, Cat's Claw & Olive leaf. This blend can be helpful for recovery from illness, operations and winter ills. The Winter Blend has herbs that can reduce the duration and severity of a cold or flu.

### **MEMORY – [Alert](#)**

The herb Brahmi in the Alert tea is considered to be a "brain regenerator" that may help with memory, focus and concentration. Gingko Biloba may improve circulation, therefore more oxygen to the brain, and the Peppermint and Yerba Mate makes it a refreshing alternative, especially for people studying.

### **MENOPAUSE SYMPTOMS – [Menopause](#), [Detox](#)**

The herb Sage is the main ingredient in the Menopause tea as it has a remarkable ability to stop perspiration and that is why it is a good counter for night sweats and hot flushes.

The Detox tea can be helpful in supporting the liver and easing digestive issues that sometimes accompany Menopause.

### **MIGRAINE & HEADACHES – [Headache](#), [Lemongrass & Ginger](#), [Mint Magic](#)**

Depending on the cause of the headache, sometimes the digestive teas, Lemongrass & Ginger or Mint Magic can help. The Headache tea has White Willow Bark, a natural pain reliever, combined with relaxing herbs, to ease a throbbing head.

### **MUSCULAR & PAINFUL JOINTS – [Aches & Pains](#)**

The anti-inflammatory action of Curcumin, the main constituent of Turmeric, has been proven to reduce pain and inflammation which may be the cause of most joint pain. While Willow bark, another herb in the Aches and Pains tea, is reputed to be a natural pain reliever.

### **NAUSEA, DIARRHEA – [Tummy](#), [Lemongrass & Ginger](#), [Detox](#)**

Both Peppermint (which relaxes the stomach) in the Tummy tea and Ginger, in the Lemongrass & Ginger and the Detox teas, are digestive herbs that have different actions but can help to calm nausea and vomiting. Ginger is one of the most effective anti-nausea herbs.

### **OVERWEIGHT – [Weight](#), [Detox](#)**

The herbs in the Weight tea are a delicious addition to a healthy eating and exercise plan. They may help to stimulate the metabolism and help to clear any excess fluid retention. The Weight tea works well in combination with the Detox tea, which has liver herbs that will help to detoxify.

### **PAINFUL PERIODS – [Feminine Balance](#)**

Chaste Berry (Vitex Agnus Castus) and Dong Quai are both hormone regulating herbs. Calendula and Lemon Myrtle are herbs that may be helpful for menstrual discomfort and cramping.

### **PROSTATE, CYSTITIS, UTI – [Urinary](#), [Prostate](#)**

Epilobium, the main herb used in each of these teas, is especially soothing to the bladder and is effective for both men and women for any urinary and kidney problems.

### **RASHES – [Skin](#), [Detox](#)**

Because most skin issues relate to how well the liver is processing toxins, the Detox tea can help support the detoxification process. The herbs in the Skin tea will help with blood cleansing so is ideal when the skin issue is acne and pimples.

### **RECOVERY FROM OPERATION, ILLNESS, SPORTS WORKOUT – [Sport & Recovery](#), [Immune](#)**

The Sport & Recovery tea is ideal for restoring balance to the body after an illness, operation or a marathon! The Immune tea, with 4 of the best immune boosting and stimulating herbs, can enhance the body's ability to withstand bacterial and viral infections.

**RESTLESS LEGS, CRAMPS, IRRITATED & FEELINGS OF RESTLESSNESS – [Restless Legs](#), [Calm](#), [Serenity](#), [Chill out](#)**

There can be many reasons why we are restless or irritated. Restless Legs tea taken at night can settle the restless legs syndrome, Calm tea can help to relax before bedtime and the Serenity tea and Chill Out can each help to settle restlessness, even in children.

**SINUSITIS – [Eyes](#), [Cough](#)**

The eyes tea and the Cough tea may help to ease the symptoms of sinusitis by relieving irritated eyes and throat. Often sinusitis can be a sign of a food allergy.

**SORE THROAT, IRRITATED, SWOLLEN TONSILS – [Cough](#), [Immune](#), [Winter Blend](#)**

The soothing herbs in the Cough tea blend may ease a sore throat and swollen tonsils. Immune tea may help to stimulate and boost the immune system to help recovery. Winter Blend tea may help to prevent colds and flu and may help to lessen the severity and duration for anyone suffering from cold & flu symptoms.

**SPORTING ACTIVITIES – [Sport & Recovery](#), [Aches & Pains](#)**

Both these teas may help with recovering from sporting activities and the Aches and Pains tea may help with muscle and joint soreness.

**STAMINA – [Fatigue](#), [Sport & Recovery](#)**

The Fatigue tea may help with adrenal exhaustion and weariness, helping to restore that “get up & go” feeling. The Sport and Recovery tea is nutrient rich and may help to re-balance the body after a sports workout, an illness or operation.

**STOMACH ULCERS – [Tummy](#), [Calm](#), [Mint Magic](#), [Detox](#)**

Stomach ulcers are caused by improper diet and decreased mucus protection in the stomach. Avoiding foods that stimulate acid production, including tea and coffee, can enable the stomach to heal itself. The herbs in the Tummy tea, Calm tea, Mint Magic tea and Detox teas can help soothe and ease the painful symptoms of stomach ulcers and are ideal alternatives to other irritating drinks.

**STRESS, TRAUMA, UNABLE TO RELAX – [Stress Head](#), [Calm](#), [Serenity](#), [Fatigue](#)**

Each of these teas has herbs that can help calm down stress & tension, elevate depressed moods and nourish the adrenal glands.

**STUDY, WORK, PROJECTS – [Alert](#)**

The herb Brahmi in the Alert tea is considered to be a “brain regenerator” that may help with memory, focus and concentration. Gingko Biloba may improve circulation, therefore more oxygen to the brain, and the Peppermint and Yerba Mate makes it a refreshing alternative, especially for people studying.

**THINNING HAIR, DANDRUFF, ITCHY SCALP – [Hair](#)**

This herbal tea is a blend of mineral rich herbs that may strengthen and enrich thinning hair. It can also be used as a hair rinse and massaged into the scalp to help treat an itchy scalp.

**WEIGHT LOSS, KIDNEY SUPPORT, WATER RETENTION, ODEMA – [Weight](#)**

The Weight tea is a delicious addition to a healthy eating and exercise plan. The Cleavers herb is a natural diuretic and can be helpful for water retention by supporting the kidneys.

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