



FREQUENTLY ASKED QUESTIONS

With Self Assured Lifestyle

Benefits of some of our favorite herbs!

Stinging Nettle: This herb has been used for many years as a diuretic and treatment for urinary track infections. It is full of vitamin A + K, anti-inflammatory properties, anti-oxidants and acts as a mild antihistamine.

Dandelion Root:

This root helps the body remove excess liquid, cleanse the blood and provide vitamins A, C and K. It is a good choice to combat iron deficiency and boost endurance. This root stimulates the liver and is great as a simple shot in the morning to help get the day (& digestion) started right!

Valerian Root: It contains flavonoids that help ease inflammation and other properties that aid in relaxing several areas of the brain. Keep valerian in mind when you have a headache, muscle spasms & difficulty concentrating or sleeping.

How much of each herb should I use?

It depends!

Generally, 1 TSP to 1 TBSP of a tea blend will make a flavorful 8oz cup.

When using individual herbs, 1 TSP of your main herb and 1/2 TSP of each additional herb will create a balanced, dynamic blend as well. It's also good to consider if you will be adding ice or creamer, in which case you may make a more concentrated concoction.

A Few Examples



- **Calendula; 1 TBS for every 8 Oz**
- **Red Raspberry; 1.5 TSP for every 8 Oz**
- **Chamomile; 1 TSP for every 8 Oz**
- **Elderberry; 1 TSP for every 8 Oz**
- **Valerian; 1.5 TSP for every 8 OZ**
- **Orange Peel; 2 TBS for every 8 Oz**
- **Dandelion Root; 1 TBS for every 8oz**

**These measurements are suggested if you are making tea using a single herb, adjust your measurements if you are blending herbs.

How To Brew The Perfect Cup Of Tea



1

Bring 6+ ounces of water to a low boil before removing from heat for 2-3 minutes. Do not add herbs to actively boiling water.

2

Place your herbs in a tea bag, strainer or directly to your hot water to steep for 8-15 minutes. (Be sure any materials coming in contact with your tea are non-toxic.)

3

If you are planning to have your tea on ice, allow tea to steep for up to 30 minutes and or add an extra TSP to enjoy a flavorful cup after you add your ice.

4

Consider adding sweetener, creamer, fresh fruits, vitamin C powder, chlorophyll, chia seeds or anything else that would enhance the benefits of your tea.

5

Pour freshly heated water over your herbs immediately after finishing your first cup for a 2nd steep or refrigerate herbs for later use. Use within 12 hours.