

# Herbal Drink Recipes

## Relax Tea

A gentle, heart-soothing blend to ease emotional overwhelm and support the nervous system. This is a favourite among herbalists and friends alike.

### Hawthorn

A calming cardiac nervine that supports the heart - especially helpful for anxiety linked to heart symptoms like palpitations or emotional stress.

### Oat Straw

A nourishing nervous system restorative. Oats help rebuild and strengthen frazzled nerves over time, making them ideal for long-term stress and burnout.

### Lemon Balm

A bright, uplifting herb that calms the mind and soothes the gut. It relieves tension, indigestion, and spasms - especially when triggered by anxiety.

### Equal parts of:

Rose flower or hips

Linden leaf

Hawthorn leaf or berry

Lemon balm

Oat straw

Hawthorn should be avoided by folks taking prescribed heart medications including beta blockers.

If you are on heart medication or have a heart condition, please consult a qualified healthcare provider before using this tea.

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## Digestion Tea

This calming tea blend is designed to support digestion, especially when stress or anxiety are involved.

### **Fennel**

Fennel is a gentle anti-spasmodic herb that helps relax muscles and calm the peripheral nervous system. It can ease tension in the body, support sleep, and soothe anxiety - particularly when anxiety affects digestion.

### **Chamomile**

Chamomile is well known for relieving nervous tension and muscle spasms. It gently relaxes the digestive tract, lungs, and womb, while also nourishing the nervous system.

### **Ingredients:**

1 tbsp Mint

1 tsp Fennel seeds

1 tsp Chamomile flowers

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## **Lavender Milk**

A calming, aromatic drink to relax the nervous system and support digestion - especially helpful in the evening or during moments of anxiety.

### **Lavender**

Lavender contains natural essential oils like linalool, which have gentle sedative and anti-spasmodic effects. It soothes both the central nervous system and the digestive system, making it helpful for anxiety, stress, and nausea.

### **Cardamom**

Warming and digestive, cardamom adds a sweet, balancing note. It's especially good for easing anxiety-related nausea.

### **Rose**

Rose is a nervine herb that helps calm emotional tension and supports heart-centered relaxation.

### **Ingredients:**

1 tsp dried Lavender

1 crushed Cardamom pod (optional)

1 tsp Rose (optional)

1 tsp of Honey or sweetener (optional)

1 tsp of Ashwagandha powder (optional)

Simmer gently in milk (dairy or plant-based) for a few minutes. Strain and sip slowly.

Lavender is considered safe for most people, including children and older folks.

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### **Further Reading:**

[Herbal Infusions Guide – Handmade Apothecary](#)