

Swan's healing tea



This is my "go to" tea when I feel a cold coming on, have an upset stomach, have had a bad day, when I am menstruating, or am feeling worn down. Please try it and make it your own! XOXO!

5. Curl up with your favorite book or movie and allow yourself a few minutes to breathe, smile and sip your magical tea.

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Ingredients

Tea (Loose Leaf or bagged; my favorites are peppermint, chamomile or green tea. Also, I would highly encourage the user of organic, fair trade products)

Lemon

Honey (organic, raw, local- if you can)

Braggs Apple Cider Vinegar

How to Prepare Your Healing Tea

1. Brew your favorite tea as you normally would.
2. Wash and then cut a wedge of lemon, squeeze it into your tea and then drop the wedge into your tea for good measure.
3. Add a 1-2 teaspoons of honey, depending on how much sweetener you typically enjoy.
4. Add 1-2 Tablespoons of Bragg's Apple Cider Vinegar. Less if you don't enjoy the strong flavor and more if you do.

visit me at www.melissachappell.com

a gentler and happier approach to health