

Swan's Healing Tea



ingredient list

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

Lemon

Honey (organic, raw, local- if possible)

Braggs Apple Cider Vinegar

preparation

-Brew your favorite tea as you normally would.

-Wash and then cut a wedge of lemon, squeeze it into your tea and then drop the wedge into your tea for good measure.

-Add a 1-2 teaspoons of honey, depending on how much sweetener you typically enjoy.

-Add 1-2 Tablespoons of Braggs Apple Cider Vinegar. Less if you don't enjoy the strong flavor and more if you do.

-Curl up with your favorite book or movie and allow yourself a few minutes to breathe, smile and sip your magical 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. XOXO *Melissa*