

## **Spearmint Herbal Tea**

Spearmint is a minty herb that's high in antioxidants and other beneficial plant compounds.

### **Benefits:**

- Help balance hormones (PCOS symptoms)
- Lower blood sugar
- Improve digestion
- Reduce arthritis and joint pain
- Weight Loss
- Regulation of reproductive cycles



### **Potential side effects:**

- Drowsiness
- Heartburn
- People with kidney/liver diseases should avoid consuming large amount of spearmint as it can increase liver and kidney damage

## **Butterfly Pea Flower (Blue tea)**

Butterfly Pea Flower, or *Clitoria ternatea* by its scientific name, is a plant most commonly grown in SouthEast Asia. Traditional ancient communities have used this plant for centuries as a tea for its strong antioxidants and health benefits, as well as topically for its beautifying and healing properties.

### **Benefits:**

- Rich in antioxidants
- Good for skin and hair health
- Boost immune system
- Promote weight loss
- Reduce inflammation
- Reduce stress and anxiety
- Helps with blood sugar management



### **Potential side effects:**

- Nausea
- Stomach ache
- Diarrhea

## **Nettle Tea (Stinging nettle)**

Nettle tea is an herbal tea made from the leaves of the stinging nettle plant.

### **Benefits:**

- Reduce inflammation
- Lower blood sugar levels
- Help to flush harmful bacteria from urinary tract
- Treat arthritis, lower back pain, joint pain
- Treat enlarged prostate symptoms
- Traditionally used to treat high blood pressure
- For kidney detox
- Treat allergies



### **Potential side effects:**

- Nausea
- Constipation
- Diarrhea
- Unsafe for pregnancy. Can stimulate uterine contraction and cause miscarriage.

## **Nile Hibiscus**

Hibiscus tea, also known as roselle or sour tea, is rich in antioxidants and is known for promoting heart health.

### **Benefits:**

- Lowers cholesterol
- Lowers blood pressure
- Promotes weight loss
- Support liver health
- Anti-cancer properties
- Regulate blood sugar level by inhibiting the activity of pancreatic and intestinal enzymes that help with carbohydrate digestion in the small intestine



### **Potential side effects:**

- Upset stomach
- Gas
- Constipation
- Not safe for pregnancy

## **Liquorice Root**

Licorice is a plant native to the Mediterranean and Western Asian regions. The root of the licorice plant has been used medicinally for thousands of years. Chinese medicine has long used licorice root to treat many ailments.

### **Benefits:**

- Glycyrrhizin, the most active chemical compound found in licorice, has been studied for its medicinal properties. This powerful phytochemical has been proven to reduce body fat, heal stomach ulcers, and fight infections.
- Treat ulcers (stomach and gastritis)
- Cancer treatment (stomach, leukemia, liver)
- Anti-inflammatory
- Reduce acid reflux, heartburn, indigestion
- Anti-cancer properties (prevent cell growth in skin, colorectal, breast cancer)
- Boost weight loss

### **Potential side effects:**

- Irregular heart beat/ reduce potassium levels in the body
- High blood pressure
- Pregnant and nursing women should avoid liquorice
- May pose a risk for people with hypertension, heart disease, or kidney disease.



## **Ginkgo Biloba**

Ginkgo, also called Ginkgo biloba, is one of the oldest living types of trees. Ginkgo has a long history of use in Chinese medicine for treating cough, diarrhea, and other conditions.

### **Benefits:**

- Contains powerful antioxidants (high levels of flavonoids and terpenoids, which are compounds known for their strong antioxidant effects. )
- Help with Memory enhancement, dementia, and Alzheimer's
- Reduce symptoms of anxiety
- Helps with depression and other psychiatric conditions
- Aid in stroke rehabilitation
- Improves circulation and heart health
- Improves brain function



### **Potential side effects:**

- Stomach upset
- Constipation
- Headache
- Dizziness
- Palpitations
- Not recommended for pregnant women

## **Lavender**

### **Benefits:**

- Relieving anxiety and depression
- Helps with insomnia and improves sleep
- Calming properties
- Improves skin health (eczema, dry skin)
- Soothe menstrual cramping
- Promote hair growth
- Relieving migraine/headache pain
- Help with allergic respiratory problems



### **Potential side effects:**

- People allergic to lavender flower should avoid

## **Chamomile**

### **Benefits:**

- Reduce stress
- Improve sleep quality
- Promote digestion
- Anti-inflammatory
- Reduce risk of osteoporosis
- Help with lowering blood sugar levels
- Protect against certain type of cancers (breast, digestive tract, skin, prostate, uterus)



### **Potential side effects:**

- People allergic to chamomile flower or plants in the daisy family, such as ragweed and chrysanthemums should avoid
- Drug interactions (Chamomile can interact with blood-thinning drugs)

## **Dandelion**

### **Benefits:**

- Promote liver health
- Reduce water weight
- Lower blood pressure
- Weight loss properties
- Help prevent urinary tract infections
- Reduce cholesterol and triglyceride levels
- Anti-cancer properties
- Help with blood sugar management



### **Potential side effects:**

- People allergic to dandelion flower should avoid
- Drug interaction (Dandelion has been found to interact with certain medications, including diuretics, lithium, and Cipro)

## **Lemon Balm**

### **Benefits:**

- Aid digestion (bloating, indigestion)
- Relieves anxiety (Calming effects)
- Improve cognitive function (boost brain function, help with memory, alzheimer)
- Improve mood
- Improve sleep
- High anti-oxidant levels (benefit people with cardiovascular diseases and diabetes)



### **Potential side effects:**

- Not for pregnant/ breastfeeding
- People taking sedatives should avoid
- People with thyroid disorders

## **Raspberry leaves**

### **Benefits:**

- Support late stage pregnancy (facilitate labor and birth)
- Boost milk supply for lactating women
- Ease symptoms of Premenstrual syndrome
- Reduce period cramping and water retention
- Help with perimenopausal symptoms
- Has mild diuretic effect (helps with digestion)
- Good source of anti-oxidants

### **Potential side effects:**

- Can have laxative effects
- Not recommended for children



## **Elderberries**

### Benefits:

- Potential supplement to treat cold & flu (influenza) symptoms and chest infections
- Good for heart health
- Immune system boost
- High in anti-oxidants
- Anti-Inflammatory
- High in Vitamin C (57% of daily value)
- High in dietary fibre

### Potential side effects:

- Not recommended for children
- Not recommended for pregnant and lactating women
- Can cause vomiting, diarrhea and nausea if eaten raw



## **Soursop (Graviola leaf)**

### Benefits:

- Reduce inflammation
- Help in cancer treatment and prevention
- Help in treating ulcers
- Anti-bacterial properties (help with tooth decay, gingivitis and yeast infections)
- Boost immune system
- Improve digestive health
- Regulate blood sugar levels
- Help to manage blood pressure

### Potential side effects:

- Not recommended for pregnant and lactating women
- Soursop may interact with certain medications, especially those for high blood pressure, diabetes, and liver or kidney conditions. It may also interfere with the effectiveness of anti-inflammatory drugs.
- Soursop can be toxic in large doses, causing symptoms that resemble those of Parkinson's disease



## **Yerba Mate**

Yerba mate is a traditional South American drink that's gaining worldwide popularity. It is a herbal tea made from the leaves and stems of the *Ilex paraguariensis* plant. It contains antioxidants, caffeine, and other nutrients. It is traditionally consumed from a gourd-shaped container and sipped with a metal straw containing a filter at its lower end to strain out the leaf fragments.

### Benefits:

- Boost energy and improve mental focus
- Enhance physical performance
- Lowers blood sugar levels
- Effective for weight management and reducing body fat
- Reduce cholesterol and protect against heart diseases

### Potential side effects:

- Regularly drinking large amounts of hot yerba mate can increase the risk of cancers of the oral cavity and digestive tract cancers. This may be due to polycyclic aromatic hydrocarbons (PAHs) in the tea, which are carcinogens. Consuming more than 1 liter per day, or 4-8 cups, is most dangerous.
- Caffeine-Related Side Effects (anxiety, migraines, hypertension, insomnia etc)
- Not recommended to consume with other sources of caffeine
- Not recommended for pregnant and breastfeeding women
- May interact with medications such as muscle relaxant Zanaflex or the antidepressant Luvox



## **Milk Thistle**

### **Benefits:**

- Supports liver health. Supplement for people who are experiencing liver conditions like cirrhosis, hepatitis B and fatty liver disease
- Diabetes management (Type 2 diabetes)
- Help prevent age-related decline in brain function
- Protect and strengthen bone
- Beneficial for people who are undergoing chemotherapy treatment for cancer
- Increase breast milk production
- Help treat acne



### **Potential side effects:**

- Not recommended for pregnant women
- Not recommended if you have specific hormone-sensitive health conditions (including some forms of breast cancer), or are allergic to the herb
- Milk thistle tea may interfere with the effectiveness of several medications, including the antibiotic metronidazole, the hepatitis C drug simeprevir, and the immunosuppressant sirolimus

## **Burdock Root**

### **Benefits:**

- Natural remedy for skin conditions (slow aging, acne, eczema, psoriasis)
- Supports vascular health as a blood purifier, lymphatic system strengthener and natural diuretic
- Reduce inflammation
- Benefit individuals with knee osteoarthritis
- Inhibit some types of cancers
- May be used as an aphrodisiac



### **Potential side effects:**

- Not recommended for children and pregnant women
- If you're allergic to chrysanthemums or daisies, you may be at an increased risk of having an allergic reaction to burdock root and should avoid it

## **Rooibos**

Rooibos tea is native to South Africa and is also known as red tea or red bush tea. Rooibos tea is usually consumed like black tea and has a sweet and nutty taste. Some people add milk and sugar, and rooibos iced tea, espressos, lattes, and cappuccinos have also become popular.

### **Benefits:**

- Caffeine free alternative to black and green teas
- Low in tannins (Does not interfere with the absorption of iron)
- High level of anti-oxidants
- Lower blood sugar levels
- Boosts heart health
- Reduce cancer risks



### **Potential side effects:**

- Avoid consuming too much if you have liver conditions such as hepatitis

## **Honeybush**

### **Benefits:**

- Caffeine free alternative to black and green teas
- Rich in anti-oxidants (contains compounds which have anti-inflammatory effects)
- Improves bone health
- Boosts skin health (Reduce wrinkles and improve skin elasticity and hydration)
- May help alleviate menopausal symptoms
- Have cancer fighting properties
- Has a natural sweetness



### **Potential side effects:**

- Currently no reported side effects

## **Buchu**

Buchu is a plant from South Africa. The leaf is used to make medicine.

### **Benefits:**

- Used for urinary tract infections involving urethra and kidneys
- Used for treating inflamed prostate
- Treat high blood pressure, fever, cough and common cold
- Treat stomach problems such as stomach ulcers, upset stomach and IBS
- Has anti-inflammatory properties effective for gout, arthritis and rheumatism
- Relieves water retention and bloating



### **Potential side effects:**

- May irritate stomach and kidneys and increase menstrual flow if consumed in excess
- Not recommended for pregnant women

## **Lemon Verbena**

### **Benefits:**

- Reduce inflammation
- Rich in anti-oxidants
- May benefit athletes. It helps for recovery, muscle damage and protect against exercise induced muscle damage
- Improves sleep quality
- Has calming effects
- Facilitates digestion (soothes bloating, stomach cramps)
- Draining and diuretic effects (stimulates kidney function and promotes elimination of toxins)



### **Potential side effects:**

- Not recommended in case of iron deficiency

## **Black Tea**

### Benefits:

- Flavonoids in black tea help reduce the production of LDL (bad) cholesterol
- Drinking 3 or more cups of black tea reduce risk of heart attack or stroke
- Improves focus (half the amount of caffeine as in coffee)
- Produces a stable, level type of energy as compared to coffee
- Lowers blood sugar levels
- Polyphenols in tea has anti-oxidant properties



### Potential side effects:

- Caffeine related side effects (anxiety, restlessness, etc)
- Too much black tea can increase the amount of calcium that is flushed out in urine

## **Green Tea**

### Benefits:

- Support cognition and weight management
- Has anti-oxidant compounds (catechin)
- Helps to increase metabolism
- Boosts brain health (lower risk of memory loss)
- Lowers blood sugar level
- Polyphenols in green tea increase collagen & elasticity of skin
- May lower risks of some cancers



### Potential side effects:

- Tannins in green tea may interfere with iron absorption
- May cause stomach irritation when brewed too strongly or consumed on an empty stomach
- Can increase acid in stomach and cause acid reflux if brewed in water that is too hot

## **Oolong Tea**

### Benefits:

- Help to maintain mental alertness
- Similar amount of caffeine as green tea
- Reduce risks of heart disease
- Help in weight loss
- Lowers risks of parkinson's disease
- Elevate your mood
- Full of anti-oxidants and supports immune system



### Potential side effects:

- Caffeine related side effects
- Might slow blood clotting. Avoid drinking when taking medications related to blood clotting

## **White Tea**

### Benefits:

- Least processed type of tea and retains high amount of anti-oxidants
- Reduce risks of heart diseases
- Great source of fluoride, catechins and tannins
- Great for the skin (helps to slow aging process)
- Reduce insulin resistance
- Help with weight loss



### Potential side effects:

- May cause nausea, dizziness, headache, stomach upset if consumed excessively

## **Yellow Tea**

Yellow tea (Huángchá) is a rare, lightly fermented Chinese tea, like a mellower, gentler green tea. Historically it is known to be a Tribute tea, served in the Tang dynasty. What makes this tea so desirable is its rarity. Yellow tea is a Chinese tea that is difficult to find outside of China. That's because the process to produce this tea is time intensive, requires additional labor, and proves to be difficult when it comes to large-scale quality control. As a result, there are only three main types of yellow tea available on the market today.

### **Benefits:**

- Shares similarities with oolong tea
- Can aid weight loss
- Reduce risk of diabetes
- Has anti-aging properties
- Regulate bad cholesterol
- Prevent neurodegenerative diseases



### **Potential side effects:**

- Caffeine related side effects (less caffeine than coffee)

## **Puerh Tea**

Pu-erh (or pu'er) is a unique, fermented Chinese tea from Yunnan Province, known for its rich, earthy flavors, often described as woody, with two main types: raw (Sheng) and ripe (Shou). Unlike other teas, it undergoes microbial fermentation, which allows it to age and develop flavor, much like wine, and is often compressed into cakes.



### **Benefits:**

- Promote weight loss and reduce cholesterol levels
- Stimulates nervous system and improves mental awareness
- Inhibit cancer growth

### **Potential side effects:**

- Caffeine related side effects (less caffeine than coffee)

## **Purple Tea**

Purple tea originates in Kenya, and due to the presence of super-antioxidants called anthocyanins, the organically-grown purple tea leaves are actually purple! Purple tea is made with a similar process to Green tea, but has more antioxidants, less caffeine.



### **Benefits:**

- Has high concentration of anthocyanin anti-oxidants that neutralize free radicals, contributing to overall immunity
- Reduce stress
- Boosts metabolism
- Has more anti-oxidants than any other tea leaf
- Low in caffeine (half the caffeine content of green tea)
- Contains GHG polyphenols not found in other type of teas, known for its fat burning properties
- Has anti-cancer properties
- Supports small scale farmers in Kenya

### **Potential side effects:**

- Can cause stomach upsets or diarrhea if consumed in large amounts
- Not recommended for pregnant or breastfeeding women

