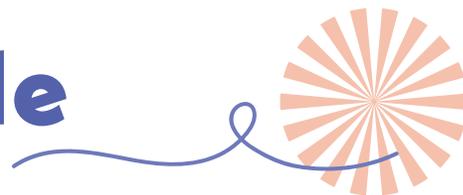


# Medicinal Tea Guide



## Chamomile

Chamomile is a perennial plant native to temperate regions of Asia and Europe. Chamomile has been used to help with relaxation, promote sleep, support digestive health, and reduce menstrual pain.



## Nettle

Nettle is a perennial flowering plant that grows in North America, Europe, and Asia. People use it in herbal and traditional medicine. This tea is packed with vitamins and minerals including vitamin A, vitamin C, and vitamin K. The tea is also a good source of potassium, iron, and magnesium. May reduce inflammations, seasonal allergies, lower blood pressure, and aid in blood sugar control.



## Lavender

Lavender is an evergreen plant native to the Mediterranean. Lavender has been used to help with relaxation, stress reduction, alleviating symptoms of anxiety and depression, reducing headache, migraine, and muscle pain. It also may have antibacterial and antifungal effects.



## Rose Hips

Roses are native to many regions around the globe. This healing flower contains polyphenols, powerful antioxidants that protect your body from free radicals and cell damage. Roses are also loaded with vitamins and minerals that support your immune system, contain antibacterial properties, and soothe stress and anxiety with their softly sweet scent.



## Lemon Balm

Lemon balm is an herb from the mint family, native to the Mediterranean region and Central Asia. Lemon balm contains chemicals that seem to have a sedative and calming effect. It might also reduce the growth of some viruses and bacteria. People use lemon balm for cold sores, anxiety, stress, insomnia, indigestion, dementia, and many other conditions.



## Spearmint

Spearmint a perennial plant that hails from Europe and Asia but now commonly grows on five continents around the world. Spearmint is a minty herb that's high in antioxidants and other beneficial plant compounds. It may help balance hormones, lower blood sugar, and improve digestion, and can also reduce stress and improve memory. Improves cold and flu symptoms and may help with indigestion.

*Disclaimer: The use of herbs is a time-honored approach to strengthening the body and treating disease. However, herbs can trigger side effects, and can interact with other herbs, supplements, or medications. For these reasons, you should take herbs with care, under the supervision of a health care provider.*

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# There's *healing* ahead.

It's never too late to get support and begin healing. Stress-busting activities like getting a good night's sleep, moving our bodies, and caring for our mental health can help us heal. And we don't have to do it by ourselves. Help from trained peer supporters, mental health therapists, and medical providers is also available. To learn more and find additional resources, visit [livebeyondca.org](https://livebeyondca.org).



## *Ways you can add Stress Busters into your life:*

### **Supportive Relationships**

- ♦ Make time for the elders in your community and connect with your aunts and uncles.
- ♦ Participate in Big Times, Powwows, or workshops sponsored by local Native organizations.

### **Physical Activity**

- ♦ Learn Powwow or traditional drumming and dancing.
- ♦ Participate in a handgames tournament or a Native basketball, softball, or volleyball tournament.

### **Quality Sleep**

- ♦ Turn off electronics and listen to soothing music before bed.
- ♦ Journal or talk to Creator to help set aside any daily stress.

### **Experience Nature**

- ♦ Create a garden of traditional medicines or herbs.
- ♦ Gather and harvest traditional plants and materials for ceremony.

### **Balanced Nutrition**

- ♦ Eat traditional foods from your tribe or local area.
- ♦ Use traditional herbs to make tea.

### **Mindfulness Practices**

- ♦ Burn traditional medicines.
- ♦ Practice gratitude and meditate on what you can thank your ancestors and Creator for.