

# List of Healthy Teas and Uses

By Tu'uwata ([thatmeanstruth.com](http://thatmeanstruth.com))

## Daily or Regular Use (1–2 cups per day, rotate weekly)

1. **Mullein** – Lung and respiratory cleanser, soothes coughing, helps asthma.  
→ Use: Daily or as needed during congestion.
  2. **Chamomile** – Calming, digestive aid, eases anxiety and helps sleep.  
→ Use: Evening tea, daily or as needed.
  3. **Peppermint** – Eases bloating, gas, nausea, and IBS symptoms.  
→ Use: Daily or after meals.
  4. **Red Clover** – Blood purifier, hormone balancer, lymphatic support.  
→ Use: 3–4x/week.
  5. **Milk Thistle** – Liver detoxifier, supports bile flow and skin clarity.  
→ Use: 2–3x/week.
  6. **Rose Petals & Stems** – Emotional heart healer, anti-inflammatory, supports the skin.  
→ Use: Daily or during emotional detox.
  7. **Marshmallow Root** – Gut lining healer, soothes IBS, acid reflux, and sore throat.  
→ Use: Daily during gut healing phase.
  8. **Turmeric** – Anti-inflammatory, supports joints, digestion, liver.  
→ Use: 3–5x/week with black pepper and ginger.
  9. **Ginger** – Stimulates digestion, anti-nausea, anti-inflammatory.  
→ Use: Daily or before meals.
  10. **Black Tea** – Mild energy boost, antioxidant, heart health.  
→ Use: Occasionally, 1 cup per day max.
  11. **Holy Basil (Tulsi)** – Adaptogen, balances stress and blood sugar.  
→ Use: Daily or as needed.
  12. **Lemon Balm** – Calms nervous system, supports memory and sleep.  
→ Use: Daily or in the evening.
  13. **Dandelion Leaf** – Gentle diuretic, kidney and liver support.  
→ Use: 2–3x/week.
  14. **Hibiscus** – Blood pressure support, cooling, full of antioxidants.  
→ Use: 3x/week cold or warm.
  15. **Fennel Seed** – Relieves bloating, gas, supports milk flow in lactation.  
→ Use: After meals, 3x/week.
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## Monthly or Cleansing/Illness Use (1–3 days/month or as needed)

1. **Greasewood (Creosote)** – Deep antimicrobial cleanser, anti-parasitic, immune booster.  
→ Use: Monthly during 3-day cleanse or with guidance. Avoid daily use.
2. **Arrowweed** – Anti-inflammatory, pain-relieving, used traditionally for colds or wounds.  
→ Use: 2–3x/week or during illness.
3. **Elderberry & Elderflower** – Immune support, cold/flu prevention and treatment.  
→ Use: During illness or change of seasons.
4. **Yarrow** – Blood mover, fever reducer, menstrual balance.  
→ Use: During illness, menstruation, or detox.
5. **Licorice Root** – Soothes the gut, adrenal support, respiratory relief.  
→ Use: Occasionally or in gut/immune blends. Not for daily long-term use.

6. **Nettle Leaf** – High in minerals, iron-rich, supports kidneys and detox.  
→ Use: 3x/week, especially good during spring.
7. **Pau d'Arco** – Antifungal, supports gut flora and candida cleanse.  
→ Use: 2–3x/month or in cleansing periods.
8. **Reishi Mushroom Tea** – Immune modulator, stress reducer, anti-cancer.  
→ Use: Few times a week or monthly in cycles.
9. **Chaga Mushroom Tea** – Antioxidant, supports immunity, anti-tumor.  
→ Use: Monthly or 1–2 weeks per season.
10. **Blue Cornflower or Butterfly Pea** – Eye, skin, and hair support, full of antioxidants.  
→ Use: 1–2x/week or in beauty tonics.

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