

Magical Morning Infusion

Performing a brief sacred ritual in the morning can elevate the mundane to the magical. While setting my intention for the day, I make this infusion of fresh herbs to set myself up for an inspirational day filled with possibilities. Not only does this tea smell and taste amazing, it's also incredibly revitalising and youngerising. It's certainly worth the effort.

1-2x Kawakawa leaves

1x Sprig of Japanese Mint

1x Sprig of Catnip (Nepeta)

1x Sprig of Feverfew

2x Sprigs of Lemon Balm

4x Sprigs of Holy Basil (Tulsi)

3x Slices of fresh Ginger Root

Method

Rinse ingredients with cool, clean water. Separate the herb leaves from the stems. Discard stems. Chop the leaves up roughly, then place into a mortar and pestle and pulverise until you can see juice coming out of the leaves. Thinly slice three rounds of ginger and place with the pulverised leaves inside a tea infuser.

Add filtered water that has boiled to the tea infuser and steep for about 7 minutes, or until tea has reached your desired strength. Makes about half a litre.

Enjoy!



Some Of The Possible Benefits

Kawakawa (*macropiper excelsum*) has been used in traditional Rongoā Māori (healing system of Maori) for centuries. Kawakawa leaves contain a component called myristicin, which helps trigger the release of nitric oxide from cells, the body's natural anti-inflammatory response. Kawakawa also helps with reduction of blemishes, rashes and skin conditions such as eczema or psoriasis.

Japanese Mint (*mentha canadensis*) is known to help with digestion, reduce inflammation, gas, indigestion, gallstones, common colds, fever, joint pain, and improves respiratory health. It can also help to reduce stress and anxiety, improve sleep and boost the immune system.

Catnip (*nepeta cataria*) One of the most traditional uses for catnip is as a sleep aid. The calming effects of catnip give it many benefits for relieving chronic stress and anxiety. It's also a known cold and flu remedy, it can help improve digestion and cramps, and soothes skin irritations.

Feverfew (*tanacetum parthenium*) Traditionally feverfew was used to treat fevers, inflammatory conditions and pain including headaches and migraines. Studies also show that its compounds may inhibit cancer cells. It has been shown to help reduce symptoms of anxiety and depression.

Lemon Balm (*melissa officinalis*) is considered a calming and relaxing herb that can lift the spirits and aid longevity. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic). Studies show it can be used to reduce an overactive thyroid. It is also an antiviral and can reduce cold sores.

Holy Basil (*ocimum tenuiflorum*) The Hindu name for holy basil is tulsi, which means 'the incomparable one.' Holy basil is an adaptogen, a substance that can help the body respond to stress and restore normal function. Holy basil is known for helping reduce anxiety and stress, lower blood sugar in people with diabetes, lower cholesterol, provide protection from bacterial and viral infections, promote wound healing and reduce inflammation. It's also known to help maintain hormone balance naturally.

Ginger Root (*zingiber officinale*) The chemical compounds in fresh ginger help your body ward off germs. It helps keep your mouth healthy, calms nausea, soothes sore muscles, eases arthritis symptoms, eases period cramps, releases indigestion, lowers cholesterol and helps fight disease and promotes healthy aging. Some studies show that the bioactive molecules in ginger may slow down the growth of some cancers. It may also help your body use insulin better.