

# Anti-Inflammatory Tea

## Ingredients:

4 parts nettle  
3 parts spearmint leaf  
3 parts lemon balm  
1 part rose hips  
1 part dried turmeric  
1/2 part dried licorice root



## Directions:

To make your tea blend, combine the dried herbs in a glass mason jar with a lid and store. To brew, add 1 tablespoon of tea blend and steep with 8 ounces of water for 10 minutes.

You can purchase quality loose teas at many local health food stores, on Amazon, and through Mountain Rose Herbs.