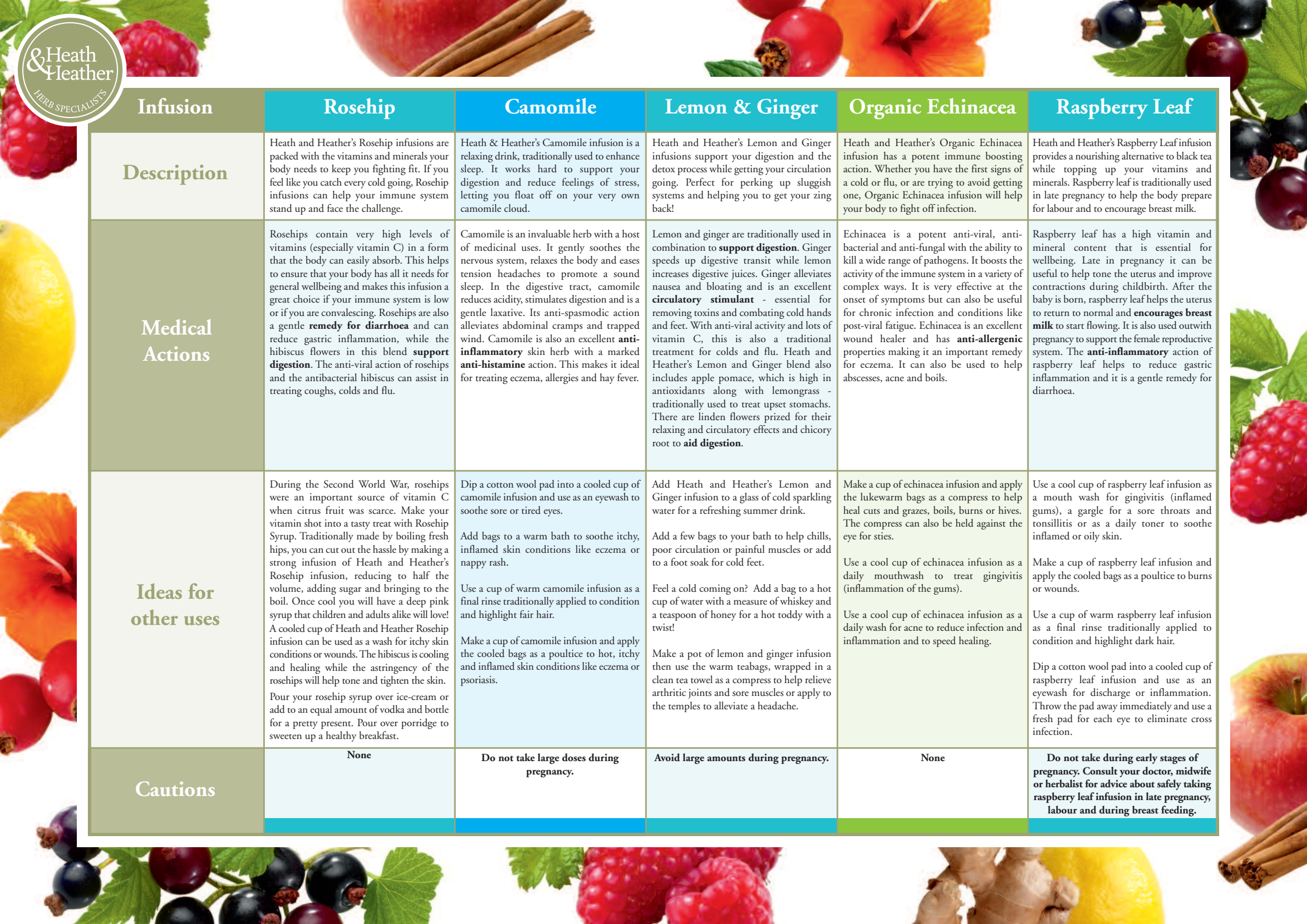




Infusion	Peppermint	Apple & Cinnamon	Fennel	Organic Green Tea	Nettle
<b>Description</b>	Heath and Heather's Peppermint infusions are the perfect all round pick me up. Refreshing mint clears the head and supports the digestion. An ideal drink after any meal.	Heath & Heather's Apple and Cinnamon infusion is sweet, aromatic and warming. The cinnamon stimulates your digestion and gets your circulation flowing while the apple delivers a fruity shot of vitamin C.	By reducing bloating and supporting your digestive tract, Heath and Heather's Fennel infusions are an invaluable digestive aid. Ditch that sluggish feeling and get moving again!	Heath and Heather's Organic Green tea delivers powerful anti-oxidants, stimulates your metabolism and increases mental alertness. If your wellbeing needs a boost, this is the perfect healthy pick me up!	Heath and Heather's Nettle infusions deliver vitamin C and iron, detoxifies the body and helps reduce inflammation. If your body needs a tonic, or if arthritis or hay fever is getting you down, this infusion can help get you back on the road to wellbeing.
<b>Medical Actions</b>	Peppermint is internationally used as a <b>breath freshener</b> and <b>digestive remedy</b> . It is a very effective treatment for nausea, bloating, stomach cramps and is generally supportive to the digestive system. Peppermint relaxes the peripheral blood vessels and this cooling effect helps to <b>soothe headaches</b> . Its anti-viral action makes it a traditional <b>cold remedy</b> and it encourages the body to sweat which helps fight off infection.	Apples contain vitamins and minerals (including iron and vitamins A and C) that are essential for good health. The sugars in the apple pass quickly into the blood providing energy and warmth. Apples neutralise acids in the body that aggravate gout and arthritis. Apple and cinnamon are both <b>digestive remedies</b> while cinnamon also stimulates the circulation to thaw out cold fingers and toes and its anti-viral action helps combat seasonal colds and flu. Heath and Heather's Apple and Cinnamon blend also includes hibiscus which is high in vitamin C and elderberry which has marked anti-viral activity. This combination makes it a great choice of tea to combat colds and flu while the chicory root gives extra support to the digestive system.	Fennel is an ancient remedy used to <b>freshen the breath</b> and support the digestion. Fennel aids the body in digesting fatty foods so makes a great drink after an indulgent meal. It also assists in the assimilation of food making it invaluable in convalescence. Fennel has long been used as gripe water for children as it is <b>anti-spasmodic</b> and so eases cramps, colic and nausea. It is also a useful herb to take for colds and flu as it can help clear the chest and stop coughing.	Green tea is high in anti-oxidants that help prevent free-radical damage in the body. It reduces the occurrence of a wide range of cancers and supports the cardio-vascular system. It is thought to reduce the incidence of heart attacks and stroke and also <b>lowers cholesterol</b> . Green tea moderates blood sugar levels and <b>stimulates metabolism</b> so it can support the body to lose excess weight. Unlike other caffeinated drinks, green tea <b>reduces anxiety</b> and promotes sleep while improving mental clarity.	Nettle has a plethora of medicinal actions. It is full of vitamins and minerals (notably vitamin C and iron) making it the perfect choice for anyone feeling rundown or anaemic. As an <b>anti-histamine</b> it is extremely useful for hay fever or allergy sufferers. It <b>detoxifies</b> the body by increasing urine production and the elimination of waste products. This in turn reduces the build up of uric acid in the joints and, coupled with its anti-inflammatory action and ability to <b>increase circulation</b> , makes it an invaluable treatment for arthritis.
<b>Ideas for other uses</b>	<p>Make a pot of peppermint infusion then use the warm bags, wrapped in a clean tea towel as a compress for painful joints. If you cool the bag in the fridge or freezer you can use this in the same way to take care of bruises and hives. You can also put the cold compress on your head to treat headaches.</p> <p>Use a steam inhalation of peppermint infusion to clear congested sinuses. Put two bags in a bowl of hot water, lean over the bowl and cover your head with a towel. Inhale the steam as deeply as you can.</p> <p>In the heat of summer add peppermint bags to your bath to cool and refresh the body. This cooling action can also be used to soothe hives and other hot skin conditions.</p>	<p>Add a few bags to your bath to help chills, poor circulation or painful muscles or add to a foot soak for cold feet.</p> <p>Make a strong cup of apple and cinnamon infusion, allow to cool until lukewarm and use as a gargle for sore throats.</p> <p>Add a strong cup of apple and cinnamon infusion to your porridge while cooking to infuse your breakfast with warming spice.</p> <p>Use a steam inhalation of this infusion to allow the cinnamon to clear colds and help alleviate dry coughs and sore throats. Put two bags in a bowl of hot water, lean over the bowl and cover your head with a towel. Inhale the steam as deeply as you can.</p>	<p>Fennel can help to moisten dry skin. You can make a compress by infusing a pot of fennel infusion then use the lukewarm bags on the skin. You could also add a couple of bags to your bath or make a steam inhalation.</p> <p>Use a steam inhalation of fennel infusion to clear colds and help alleviate dry coughs. Put two bags in a bowl of hot water, lean over the bowl and cover your head with a towel. Inhale the steam as deeply as you can.</p> <p>In India, fennel seed is eaten after meals to sweeten the breath and help digestion. Put some fennel, cumin and coriander seeds in a decorative bowl and serve after dinner for an aromatic treat to help digest a heavy meal.</p>	<p>Make a cup of green tea and apply the lukewarm bags as a compress to cool and soothe spotty or irritated skin. The compress can also be used to soothe cuts, scrapes and minor burns.</p> <p>Add a couple of bags of green tea to a basin of hot water for an anti-fungal foot bath to treat athlete's foot.</p> <p>Green tea contains a compound that kills the bacteria that forms plaque. Use a cool cup of green tea as an effective daily mouthwash.</p>	<p>Make a strong cup of nettle infusion and use this as a final hair rinse to treat dandruff and thinning hair.</p> <p>Use a cool cup of nettle infusion as a daily cleanser for oily skin. Nettle leaf tones and dries the skin helping to give you a clear complexion.</p> <p>Keep a couple of nettle bags in your fruit bowl. Dried nettle leaf helps fruit last longer and be more resistant to mould.</p> <p>Make a pot of nettle infusion then use the warm bags, wrapped in a clean tea towel as a compress to help relieve arthritic, inflamed joints, gout or tendonitis. If you cool the bag in the fridge or freezer you can use it in the same way to take care of hot, itchy skin conditions like eczema or heat rash.</p>
<b>Cautions</b>	<b>Pregnant women should drink no more than two cups of peppermint infusion daily. Nursing mothers should avoid large amounts as it can reduce breast milk.</b>	<b>Do not take large doses during pregnancy or when breast feeding.</b>	<b>Avoid large amounts during pregnancy.</b>	<b>Do not take large doses during pregnancy or while breast feeding.</b>	<b>None</b>

Heath & Heather Descriptions, Medical Actions and Ideas for other uses are provided by the National Institute of Medical Herbalists. Please note that the information is not intended to treat any medical problems and if you have any questions please contact a qualified NIMH practitioner. To discover more about the Heath & Heather range and how it can support a healthy lifestyle, please visit: [www.heathandheather.co.uk](http://www.heathandheather.co.uk) or contact our Customer Relations Team on 0800 633 5650 (9.30am-5.00pm Monday-Friday)



Infusion	Rosehip	Camomile	Lemon & Ginger	Organic Echinacea	Raspberry Leaf
<p><b>Description</b></p>	<p>Heath and Heather's Rosehip infusions are packed with the vitamins and minerals your body needs to keep you fighting fit. If you feel like you catch every cold going, Rosehip infusions can help your immune system stand up and face the challenge.</p>	<p>Heath &amp; Heather's Camomile infusion is a relaxing drink, traditionally used to enhance sleep. It works hard to support your digestion and reduce feelings of stress, letting you float off on your very own camomile cloud.</p>	<p>Heath and Heather's Lemon and Ginger infusions support your digestion and the detox process while getting your circulation going. Perfect for perking up sluggish systems and helping you to get your zing back!</p>	<p>Heath and Heather's Organic Echinacea infusion has a potent immune boosting action. Whether you have the first signs of a cold or flu, or are trying to avoid getting one, Organic Echinacea infusion will help your body to fight off infection.</p>	<p>Heath and Heather's Raspberry Leaf infusion provides a nourishing alternative to black tea while topping up your vitamins and minerals. Raspberry leaf is traditionally used in late pregnancy to help the body prepare for labour and to encourage breast milk.</p>
<p><b>Medical Actions</b></p>	<p>Rosehips contain very high levels of vitamins (especially vitamin C) in a form that the body can easily absorb. This helps to ensure that your body has all it needs for general wellbeing and makes this infusion a great choice if your immune system is low or if you are convalescing. Rosehips are also a gentle <b>remedy for diarrhoea</b> and can reduce gastric inflammation, while the hibiscus flowers in this blend <b>support digestion</b>. The anti-viral action of rosehips and the antibacterial hibiscus can assist in treating coughs, colds and flu.</p>	<p>Camomile is an invaluable herb with a host of medicinal uses. It gently soothes the nervous system, relaxes the body and eases tension headaches to promote a sound sleep. In the digestive tract, camomile reduces acidity, stimulates digestion and is a gentle laxative. Its anti-spasmodic action alleviates abdominal cramps and trapped wind. Camomile is also an excellent <b>anti-inflammatory</b> skin herb with a marked <b>anti-histamine</b> action. This makes it ideal for treating eczema, allergies and hay fever.</p>	<p>Lemon and ginger are traditionally used in combination to <b>support digestion</b>. Ginger speeds up digestive transit while lemon increases digestive juices. Ginger alleviates nausea and bloating and is an excellent <b>circulatory stimulant</b> - essential for removing toxins and combating cold hands and feet. With anti-viral activity and lots of vitamin C, this is also a traditional treatment for colds and flu. Heath and Heather's Lemon and Ginger blend also includes apple pomace, which is high in antioxidants along with lemongrass - traditionally used to treat upset stomachs. There are linden flowers prized for their relaxing and circulatory effects and chicory root to <b>aid digestion</b>.</p>	<p>Echinacea is a potent anti-viral, anti-bacterial and anti-fungal with the ability to kill a wide range of pathogens. It boosts the activity of the immune system in a variety of complex ways. It is very effective at the onset of symptoms but can also be useful for chronic infection and conditions like post-viral fatigue. Echinacea is an excellent wound healer and has <b>anti-allergenic</b> properties making it an important remedy for eczema. It can also be used to help abscesses, acne and boils.</p>	<p>Raspberry leaf has a high vitamin and mineral content that is essential for wellbeing. Late in pregnancy it can be useful to help tone the uterus and improve contractions during childbirth. After the baby is born, raspberry leaf helps the uterus to return to normal and <b>encourages breast milk</b> to start flowing. It is also used outwith pregnancy to support the female reproductive system. The <b>anti-inflammatory</b> action of raspberry leaf helps to reduce gastric inflammation and it is a gentle remedy for diarrhoea.</p>
<p><b>Ideas for other uses</b></p>	<p>During the Second World War, rosehips were an important source of vitamin C when citrus fruit was scarce. Make your vitamin shot into a tasty treat with Rosehip Syrup. Traditionally made by boiling fresh hips, you can cut out the hassle by making a strong infusion of Heath and Heather's Rosehip infusion, reducing to half the volume, adding sugar and bringing to the boil. Once cool you will have a deep pink syrup that children and adults alike will love! A cooled cup of Heath and Heather Rosehip infusion can be used as a wash for itchy skin conditions or wounds. The hibiscus is cooling and healing while the astringency of the rosehips will help tone and tighten the skin. Pour your rosehip syrup over ice-cream or add to an equal amount of vodka and bottle for a pretty present. Pour over porridge to sweeten up a healthy breakfast.</p>	<p>Dip a cotton wool pad into a cooled cup of camomile infusion and use as an eyewash to soothe sore or tired eyes.</p> <p>Add bags to a warm bath to soothe itchy, inflamed skin conditions like eczema or nappy rash.</p> <p>Use a cup of warm camomile infusion as a final rinse traditionally applied to condition and highlight fair hair.</p> <p>Make a cup of camomile infusion and apply the cooled bags as a poultice to hot, itchy and inflamed skin conditions like eczema or psoriasis.</p>	<p>Add Heath and Heather's Lemon and Ginger infusion to a glass of cold sparkling water for a refreshing summer drink.</p> <p>Add a few bags to your bath to help chills, poor circulation or painful muscles or add to a foot soak for cold feet.</p> <p>Feel a cold coming on? Add a bag to a hot cup of water with a measure of whiskey and a teaspoon of honey for a hot toddy with a twist!</p> <p>Make a pot of lemon and ginger infusion then use the warm teabags, wrapped in a clean tea towel as a compress to help relieve arthritic joints and sore muscles or apply to the temples to alleviate a headache.</p>	<p>Make a cup of echinacea infusion and apply the lukewarm bags as a compress to help heal cuts and grazes, boils, burns or hives. The compress can also be held against the eye for sties.</p> <p>Use a cool cup of echinacea infusion as a daily mouthwash to treat gingivitis (inflammation of the gums).</p> <p>Use a cool cup of echinacea infusion as a daily wash for acne to reduce infection and inflammation and to speed healing.</p>	<p>Use a cool cup of raspberry leaf infusion as a mouth wash for gingivitis (inflamed gums), a gargle for a sore throats and tonsillitis or as a daily toner to soothe inflamed or oily skin.</p> <p>Make a cup of raspberry leaf infusion and apply the cooled bags as a poultice to burns or wounds.</p> <p>Use a cup of warm raspberry leaf infusion as a final rinse traditionally applied to condition and highlight dark hair.</p> <p>Dip a cotton wool pad into a cooled cup of raspberry leaf infusion and use as an eyewash for discharge or inflammation. Throw the pad away immediately and use a fresh pad for each eye to eliminate cross infection.</p>
<p><b>Cautions</b></p>	<p>None</p>	<p>Do not take large doses during pregnancy.</p>	<p>Avoid large amounts during pregnancy.</p>	<p>None</p>	<p>Do not take during early stages of pregnancy. Consult your doctor, midwife or herbalist for advice about safely taking raspberry leaf infusion in late pregnancy, labour and during breast feeding.</p>