

INVIGORATING



Morning Time

Start your day on top form with this infusion. Uplifting spearmint clears your head while rosehips, lemongrass, cherries and orange give your body the vitamins and minerals it needs to tackle the day ahead.

Medicinal benefits:

Many of the ingredients in this blend contain vitamins that are important to ensure that the body has all it needs for general wellbeing. Perhaps the highest levels are found in the rosehips (especially vitamin C) in a form that the body can easily absorb. This blend can also help support the immune system as hibiscus, rosehips and lemongrass all have **anti-bacterial**, **anti-viral** or **anti-fungal** actions. This makes the infusion a great choice if your immune system is low or if you are convalescing. Rosehips also help to remedy diarrhoea and reduce gastric inflammation while hibiscus, spearmint, blackberry leaves and orange peel support the digestion.

Apple & Cinnamon

This 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.

Medicinal benefits:

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 digestive remedies 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 infusion to combat colds and flu while the chicory root gives extra support to the digestive system.

Wild Blackcurrant

Packed with anti-oxidants and vitamin C, this infusion gives a fruity boost to your immune system to help keep you fighting fit. Fed up fending off colds and flu? This is a blend that can help.

Medicinal benefits:

Blackcurrants are strongly **anti-oxidant** and **anti-inflammatory** and they also protect and strengthen delicate blood vessels. Anti-oxidants are important because they help to prevent free-radical damage in the body including heart disease and cancer. The berries are also high in vitamin C, thought to improve resistance to infection and this makes them a valuable remedy for colds and flu. The leaves are used as a diuretic and by reducing blood volume can help to lower blood pressure. They are also traditionally used as a gargle for sore throats and mouth ulcers.

This Heath and Heather blend also includes hibiscus, a known **anti-bacterial**, as well as rosehips and lemongrass, both traditionally used for their **anti-viral** and **anti-infective** actions.

ANTIOXIDANTS



Pomegranate

This infusion delivers 'the fruit that cures a hundred diseases' as a fruity, refreshing drink. If your wellbeing needs a boost, this is a good place to start.

Medicinal benefits:

Pomegranate is known in India as 'the fruit that cures a hundred diseases'. It is now considered a superfood and is a major source of **anti-oxidants** that help prevent free-radical damage in the body including heart disease and cancer. Studies have shown that pomegranate has two to three times the anti-oxidant activity of tea or red wine. Research indicates that the juice may help prevent the formation of fatty deposits on arterial walls. Pomegranate can also help to maintain joint function and integrity as well as enhancing the immune system. The juice is a traditional remedy for stomach upsets. Heath and Heather's Pomegranate blend also includes apple pomace, apple juice and orange peel – all high in anti-oxidants. There are also blackberry leaves prized for their astringent action as well as liquorice root widely used as an adrenal tonic and **anti-inflammatory**.

Green Tea & Jasmine

This infusion delivers powerful anti-oxidants with a delicate floral scent. Green tea stimulates your metabolism and increases mental alertness, while aromatic jasmine delights the senses.

Medicinal benefits:

This combination of herbs gives a balanced boost to the body. Green tea is high in **anti-oxidants** that help prevent free-radical damage. 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 lowers cholesterol. Green tea moderates blood sugar levels and stimulates metabolism so it can support the body to lose excess weight. Unlike other caffeinated drinks, green tea reduces anxiety and promotes sleep while improving mental clarity. Jasmine, on the other hand, has long been used as a **relaxant** and hormone balancer. It is a traditional **aphrodisiac** and is used to relieve depression. It can also soothe dry and sensitive skin and reduce inflammation.

Green Tea & Lemongrass

This infusion boosts your mental alertness and stimulates your metabolism with a tangy burst of anti-oxidants. If you're looking for a zesty way to kick start your wellbeing, this could be the answer!

Medicinal benefits:

Green tea and lemongrass are both high in **anti-oxidants** that help prevent free-radical damage in the body. Green tea 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 lowers cholesterol. Green tea moderates blood sugar levels and stimulates metabolism so it can support the body to lose excess weight, while lemongrass stimulates digestion. Unlike other caffeinated drinks, green tea reduces anxiety and promotes sleep while improving mental clarity. Lemongrass is also **anti-bacterial**, **anti-fungal** and **anti-viral** making it a useful aid in treating a wide range of infections, stomach upsets or colds, while green tea relaxes bronchial spasms to relieve coughs.

RANGE REFERENCE GUIDE



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Information on the uses of herbs was provided by a NIMH practitioner. You should consult with a NIMH practitioner if you need further advice.

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0800 633 5650 (9.30am–5.00pm Monday–Friday)

WELLBEING



Nettle - Also available in Organic

This infusion delivers 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.

Medicinal benefits: 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 **anti-histamine** it is extremely useful for hay fever or allergy sufferers. It detoxifies 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 increase circulation, makes it an invaluable treatment for arthritis.

Rosehip

This infusion is packed with the vitamins and minerals your body needs to keep you fighting fit. If you feel like you catch every cold going, Rosehip tea can help your immune system stand up and face the challenge.

Medicinal benefits: 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 remedy for diarrhoea and can reduce gastric inflammation, while the hibiscus flowers in this blend support digestion. The **anti-viral** action of rosehips and the **antibacterial** hibiscus can assist in treating coughs, colds and flu.

Peppermint - Also available in Organic

This infusion is the perfect all round pick me up. Refreshing mint clears the head and supports the digestion. An ideal drink after any meal.

Medicinal benefits: Peppermint is internationally used as a **breath freshener** and digestive remedy. 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 soothe headaches. Its **anti-viral** action makes it a traditional cold remedy and it encourages the body to sweat which helps fight off infection.

Fennel

By reducing bloating and supporting your digestive tract, this infusion is an invaluable digestive aid. Ditch that sluggish feeling and get moving again!

Medicinal benefits: Fennel is an ancient remedy used as a **breath freshener** 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 **anti-spasmodic** 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.

Raspberry Leaf

This 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.

Medicinal benefits: 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 encourages breast milk to start flowing. It is also used outwith pregnancy to support the female reproductive system. The **anti-inflammatory** action of raspberry leaf helps to reduce gastric inflammation and it is a gentle remedy for diarrhoea.

Lemon and Ginger

This infusion supports 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!

Medicinal benefits: Lemon and Ginger are traditionally used in combination to support digestion. Ginger speeds up digestive transit while lemon increases digestive juices. Ginger alleviates nausea and bloating and is an excellent **circulatory stimulant** - 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 aid digestion.

Liquorice and Oriental Spice

This aromatic blend combines exotic spices prized by traders for millennia. Warming, spicy and sweet, this tea is guaranteed to heat up a chilly day. With a blend including ancient aphrodisiacs, things might get hotter than expected!

Medicinal benefits: Liquorice has an ancient medicinal pedigree as an **anti-inflammatory**, particularly for chronic joint pain. It soothes and heals the gastric lining relieving heartburn, ulcers and indigestion. Ginger is a major digestive remedy and with black pepper to stimulate digestive secretions, cardamom to **reduce bloating** and clove to **freshen the breath**, this infusion is a natural after dinner choice. If you have a stomach upset the ginger, aniseed and nutmeg will help reduce nausea, kill bacteria and ease cramp. The ginger and cinnamon in this mix will also stimulate the circulation and thaw out cold fingers and toes. Cinnamon's **anti-viral** action can also combat seasonal colds and flu. The orange peel and aniseed soothes coughs while the blackberry leaf relieves sore throats.

ORGANICS



Organic Echinacea

This 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 tea will help your body to fight off infection.

Medicinal benefits: 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 **anti-allergenic** properties making it an important remedy for eczema. It can also be used to help abscesses, acne and boils.

Organic Green Tea

This 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!

Medicinal benefits: 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 lowers cholesterol. Green tea moderates blood sugar levels and stimulates metabolism so it can support the body to lose excess weight. Unlike other caffeinated drinks, green tea reduces anxiety and promotes sleep while improving mental clarity.

RELAXING



Camomile - Also available in Organic

This 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.

Medicinal benefits: 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 **anti-inflammatory** skin herb with a marked anti-histamine action. This makes it ideal for treating eczema, allergies and hay fever.

Camomile & Spearmint

This infusion is the perfect partnership to support your digestion. Refreshing spearmint helps clear your head while fragrant camomile lets you unwind.

Medicinal benefits: Camomile and spearmint are great partners in the digestive tract where they reduce acidity and nausea, stimulate digestion, reduce abdominal cramps and have a gentle laxative action. Camomile can also soothe the nervous system, relax the body and ease tension headaches to promote sound sleep. Spearmint is widely used as a **breath freshener**. It also relaxes the peripheral blood vessels and this cooling effect helps alleviate headaches. Both herbs have a cooling affect on the skin and camomile has a marked **anti-histamine** action. This makes it ideal for treating hot, itchy skin conditions, allergies and hay fever.

Camomile & Honey

This infusion is a comforting drink with a gentle sweetness. Camomile is traditionally used to support your digestion and enhance sleep. It can reduce feelings of stress allowing you to let go and relax.

Medicinal benefits: 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 **anti-inflammatory** skin herb with a marked **anti-histamine** action. This makes it ideal for treating eczema, allergies and hay fever.

Honey, known as a food of the gods in ancient times, has long been prized as a sweetener but also has medicinal benefits. It is a traditional **anti-biotic** and is used to soothe and heal the tissues making it a great choice for sore throats.

Night Time

End your day on the right note with this infusion. Subtle floral aromas and calming spearmint help you sink into the bliss of total relaxation.

Medicinal benefits: Camomile is traditionally used to soothe the nervous system, relax the body and ease tension headaches to promote sound sleep. Spearmint relaxes the peripheral blood vessels and this cooling effect helps alleviate headaches. Both herbs have a cooling affect on the skin and camomile has a marked **anti-histamine** action. This makes it ideal for treating hot, itchy skin conditions, allergies and hay fever. Camomile and spearmint work together in the digestive tract by reducing acidity and nausea, stimulating digestion and alleviating abdominal cramps. This blend also contains orange blossoms, limeflowers, lemongrass, passionflower and rosebuds, all known for their sedative and calming properties. Passionflower is a well known traditional remedy for **insomnia** making this the perfect choice for anyone who finds it difficult to switch off, or get to sleep.