

MEDICAL MEDIUM® ANTHONY WILLIAM

TOP 10 HEALING TEAS



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1. Lemon Balm Tea

Lemon balm tea has been called the “Elixir of Life” due to its incredible anti-viral, anti-bacterial, digestive, and sedative properties. Incredibly, it also has high levels of antioxidants which substantially increases its ability to heal and work effectively.



Lemon Balm contains a compound called terpene which has the ability to help relieve anxiety, stress, hypertension, depression, high blood pressure, muscle spasms, heart palpitations, tension headaches, circulatory issues, and cognitive disorders such as Attention Deficit Disorder and Alzheimer’s Disease.

Lemon Balm also benefits chronic gastrointestinal disorders including indigestion, IBS, colitis, and acid reflux. Lemon Balm has the ability to promote a healthy, balanced immune system and endocrine system, which is highly beneficial for autoimmune disorders such as Chronic Fatigue Syndrome, Adrenal Fatigue, Multiple Sclerosis, and Vertigo. It is also useful in treating insomnia, sleep disturbances, and jittery nerves, allowing for a more relaxed body and better quality sleep. The polyphenol tannins contained in Lemon Balm give it its anti-viral properties making it particularly helpful in healing colds, flu, bronchitis and any viral infections. Lemon Balm tea can be added to your weekly health regime for a wide range of healing benefits.

Preparation: Use 2 teaspoons of fresh or dried Lemon Balm to 16oz of hot water. Allow to steep for at least 10 minutes.

Stir in raw honey or a squeeze of fresh lemon if desired.

2. Hibiscus Tea

Hibiscus tea is made from deep red calyxes of the hibiscus flower that is rich in anthocyanins, fruit acids, vitamins, minerals, amino acids, and bioflavonoids. Hibiscus tea is excellent for boosting the immune system and fighting off infections.



Traditionally, hibiscus tea was regarded by the Egyptian pharaohs to be royalty's most important beverage as it was known to improve health and vitality. The antioxidants found in hibiscus tea are often compared to those in red wine and have been noted for their positive effects on cardiac health including lowering cholesterol and triglyceride levels.

These antioxidants also contain powerful anti-cancer properties which have the ability to protect cells and keep them healthy and free from damage. Hibiscus tea is also known to be beneficial for weight loss, depression, sleep disorders, hypertension, and mood swings. Hibiscus tea also is known to help lower blood pressure, prevent bladder infections, and relieve constipation. Hibiscus has been used for centuries to support liver function and aid in liver disorders such as fatty liver syndrome and jaundice. Hibiscus tea can be consumed either hot or cold. Try adding some raw honey for a delicious and powerful immune strengthening drink.

Preparation:

Use 2 teaspoons of fresh or dried Hibiscus to 16oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired.

3. Elderflower Tea

Elderflower tea is a soothing and healing beverage that contains strong anti-viral, anti-bacterial, and anti-inflammatory properties. Elderflowers are rich in vitamins A, C, and B-complex as well as numerous phytochemicals and antioxidant compounds.



Elderflower tea is a powerful immune booster and is particularly helpful with respiratory ailments such as bronchitis, sinusitis, laryngitis, tonsillitis, asthma, chronic cough, sore throat, cold, flu, and fever.

Elderflower is a natural decongestant and helps to clear up mucus and congestion in the lungs, sinus, and nasal passages. It's also very helpful in treating other viral illnesses such as measles, chicken pox, shingles, and Epstein Barr. Elderflower has the power to purify the blood and cleanse the lymphatic system of toxins and debris. Elderflower works as a natural diuretic and can help eliminate water retention, bloating, and edema.

Elderflower is also known to be particularly useful in benefiting liver disorders, fungal infections, urinary tract infections, toothaches, gout, headaches, arthritis, and hay fever. Elderflower tea can also be applied topically and used to help help heal cuts, wounds, burns as well as fade blemishes and freckles.

Preparation:

Use 2 teaspoons of fresh or dried Elderflower to 16oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired.

4. Chamomile Tea

Chamomile tea is most commonly known as a sleep aid and its ability to promote a full and restful night's sleep which is especially beneficial for those who suffer with insomnia, sleep disturbances, racing mind, or high anxiety and stress.

Chamomile tea also has other significant healing properties such as the ability to soothe a disturbed digestive system by easing flatulence, stomach aches, ulcers, and cramping and by assisting in overall digestion and elimination. Chamomile tea is also known to help relieve bronchial and sinus congestion, calm anxiety and panic attacks, decrease menstrual cramping, ease muscle spasms, and reduce migraine pain. Chamomile tea's anti-inflammatory properties makes it beneficial for helping to reduce swelling associated with arthritis, fibromyalgia, and other auto-immune diseases. Chamomile tea benefits the liver and kidneys by stimulating them to purge out any toxins and cleanse them from the system. Chamomile tea also has anti-bacterial and anti-fungal properties making it especially beneficial in fighting against colds, flus, infections, and even Candida.



Chamomile tea is an excellent remedy for children as it can calm colicky infants and teething babies as well as soothe children that are irritable, cranky, and restless. Its mild flavor is often accepted and enjoyed by children especially when sweetened with a touch of honey. As a topical remedy, cooled chamomile tea can be applied to the skin to help soothe rashes, chickenpox, psoriasis, eczema, and burns including sunburns and even radiation burns. Chamomile tea can also help to relieve eye fatigue and dark circles. Simply apply a cooled tea bag to the eyes for five minutes at night as a gentle and effective compress. Chamomile and peppermint tea are often used in combination due to their synergistic properties to help the body cleanse, relax, and heal. {Even though the healing qualities of chamomile are loved by many, chamomile should be avoided by pregnant woman as the herb may act as a uterine stimulant and by those that have severe allergic reactions to ragweed pollen.}

Preparation: Use 2 teaspoons of fresh or dried Chamomile to 16oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired.

5. Raspberry Leaf Tea

Raspberry leaf is a rich source of vitamin C, calcium, iron, magnesium, bioflavonoids and antioxidants.

Raspberry leaf is excellent for sore throats, canker sores, cold sores, anemia, colds and fevers, diarrhea, leg cramps, menopausal symptoms, adrenal fatigue, stomach ulcers, and as a mouthwash for gingivitis.



Topically, It is wonderful for helping to heal skin conditions such as burns, cuts, rashes, eczema, and psoriasis.

Raspberry leaf has been used for centuries as a “reproductive tonic” due to its ability to support both women’s and men’s reproductive health. It has been found to provide relief for women experiencing PMS, cramps, and heavy menstrual bleeding due to a compound it contains called ferulic acid.

Midwives often recommend pregnant women drink raspberry leaf tea just before and during labor to help induce and regulate timing of contractions and to help speed up delivery. It has also been used to help ease symptoms of morning sickness and nausea. Following birth, raspberry leaf tea is often recommended to help stimulate milk flow for breast feeding. Raspberry leaf tea has a pleasing taste, much like black tea, but without the caffeine.

Preparation:

Use 2 teaspoons of fresh or dried Raspberry Leaf to 16oz of hot water.

Allow to steep for at least 10 minutes.

Stir in raw honey or a squeeze of fresh lemon if desired.

6. Linden Flower Tea

Linden flower tea has been used for centuries to help reduce anxiety, soothe the nerves, and alleviate stress related ailments such as irregular heartbeats, indigestion, hypertension, and headaches.

Linden flowers also have calming and sedative properties that can help prevent insomnia and produce a restful night's sleep.



Linden flowers have diaphoretic and fever reducing properties which makes it an excellent remedy for colds, flu, and respiratory infections. It also works very well for chronic bronchial issues such as asthma, emphysema, and COPD.

Linden flowers are also effective for digestive issues such as gastritis, dyspepsia, irritable bowel syndrome, colitis, and gall bladder problems.

Linden tea has been shown to help lower blood pressure and works as a natural diuretic which can help with edema, water retention, bloating, and swelling. It is also excellent for detoxifying and purifying the liver as it contains choleric properties.

Preparation:

Use 2 teaspoons of fresh or dried Linden Flower to 16oz of hot water.

Allow to steep for at least 10 minutes.

Stir in raw honey or a squeeze of fresh lemon if desired.

7. Spearmint Tea

Spearmint tea is a sweet, mild tea that is packed with vitamins, minerals, and antioxidants such as vitamin A, C, B-complex, beta carotene, iron, magnesium, calcium, manganese, and potassium.

Spearmint is wonderful for digestive ailments such as nausea, indigestion, ulcers, halitosis, and flatulence. It also aids in the digestion of fats, making it a wonderful natural remedy to drink at the end of a rich meal.

Spearmint can also provide relief from headaches, sinus congestion, sore throats, fatigue, stress, and anxiety.

Spearmint can also help to promote blood circulation and improve metabolism making it an excellent choice for cleansing and weight loss.

Spearmint is also beneficial for respiratory issues such as bronchitis, asthma, and respiratory inflammation and is well known for its abilities to detox and cleanse the body of impurities.

Preparation:

Use 2 teaspoons of fresh or dried Spearmint to 16oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired.



8. Nettle Tea

Nettle leaves are a powerful herbal medicine that grow abundantly in the wild. They are rich in chlorophyll and minerals such as iron, chromium, zinc, copper, magnesium, silicon, cobalt, and calcium.

Nettles are also high in vitamins A, E, D, C, & K. Nettle tea is a strong immune booster and has the ability to neutralize toxic antigens in the body.

Nettles also contain a potent anti-inflammatory agent which help to curb the action of cytokines, one of the key components to inflammation in the body.

Nettle leaves are also very helpful in preventing chronic headaches, sore throats, sinus infections, and fatigue and are beneficial for diabetics as it is known to lower blood sugar levels. Nettles are known to help relief bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help to eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Nettle leaf can provide relief for digestive issues such as nausea, flatulence, acid reflux, and colitis.

Nettle tea supports the endocrine system including the spleen, thyroid, and pancreas. It is also beneficial in boosting liver and heart health and helps to prevent urinary tract infections as well as bladder and kidney stones. Nettle tea can also help stop frequent nighttime urination, which may be beneficial for those who need to sleep soundly without interruption.

As a mouth rinse, cooled nettle tea is excellent for gingivitis and can help prevent plaque buildup on the teeth. Fresh wild nettle can be found growing as weeds in garden beds, in empty lots, and meadows & fields and can be juiced, steeped as a tea, or steamed like spinach. Nettle can also be found in tea, capsule, tincture, cream, salve form online or at your local health food store.

Preparation: Use 2 teaspoons of fresh or dried Nettle to 16oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired.



9. Thyme Tea

Thyme tea contains potent anti-viral properties and is essential for Epstein Barr, Shingles, Hepatitis, Influenza, Herpes, Cytomegalovirus, HPV, etc. If taken on a regular basis it can significantly help to reduce the viral load in the body which makes it highly beneficial for those suffering with Chronic Fatigue Syndrome, Fibromyalgia, Hashimoto's Thyroiditis, Rheumatoid Arthritis, Lupus, Vertigo, Tinnitus, and MS.



Thyme tea also helps stimulate memory, ease headaches and muscle tension, soothe coughs, relieve fevers, and fight colds and infections. It also contains a compound called carvacrol which is an excellent natural tranquilizer and has a tonic effect on the entire nervous system. Thyme is a good source of pyridoxine which is known to play an important role in manufacturing GABA levels in the brain, aid in regulating sleep patterns, and benefit neurotransmitter function in the brain. GABA is also one of the best natural defenses against stress damage.

Thyme tea is a great purifying herb for the digestive tract and has been found to destroy certain intestinal hookworms and roundworms and aid in the digestion of rich or fatty foods. Thyme is also essential for urinary tract health and can help prevent infections and keep healthy bacteria in balance. Thyme has some of the highest antioxidant levels among herbs. It is packed with bioflavonoids such as lutein, zeaxanthin, and naringenin which have powerful effects on eliminating free-radicals and other disease producing substances from the body.

Fresh thyme can be found in the produce section of your local supermarket or health food store. Thyme is also an exceptionally easy herb to grow and can produce abundantly in both containers &/or home gardens. Thyme tea is a powerful healing drink and can be made by infusing fresh thyme leaves in hot water and allowing to steep for 15-20 minutes.

Ingredients

- 2 sprigs of fresh thyme (or thyme tea if fresh thyme isn't available)
- 10-16 oz hot water
- optional: fresh lemon &/or raw honey

Preparation

Place fresh thyme in a mug and pour hot water over, allow to steep for 15 min or more. Remove thyme sprigs or strain. Sweeten with raw honey &/or lemon. Sip and enjoy! :)

10. Chaga Tea

Chaga is an incredibly powerful medicinal mushroom that is highly sought after due to its phenomenal levels of antioxidants and healing properties.

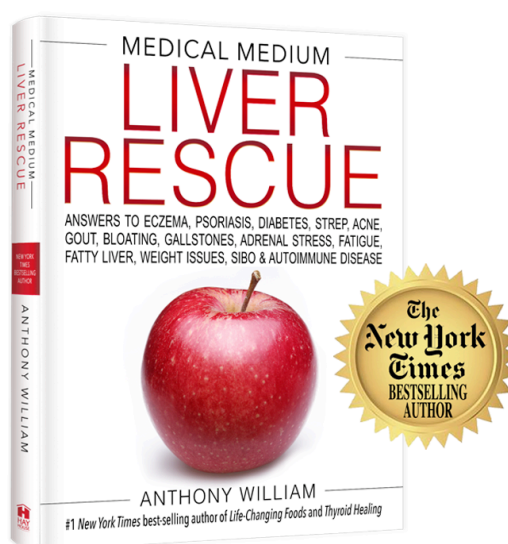
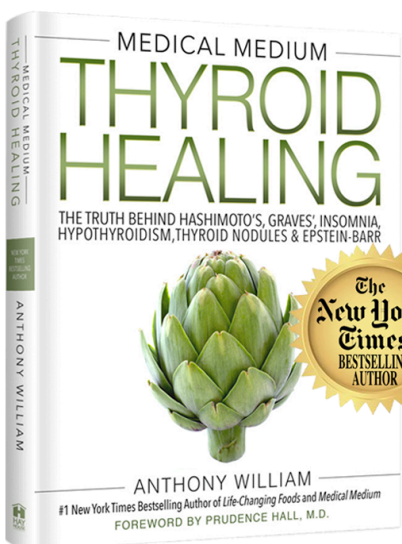
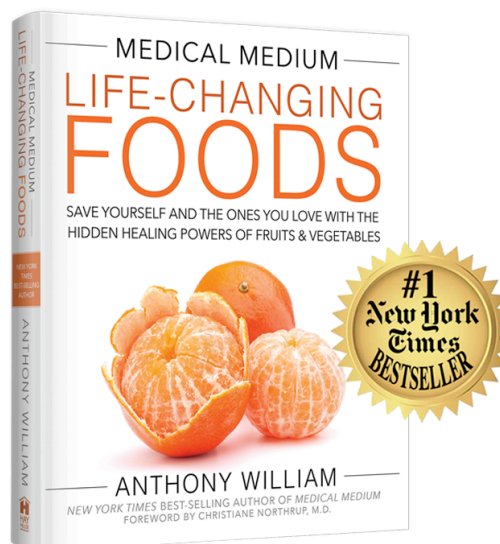
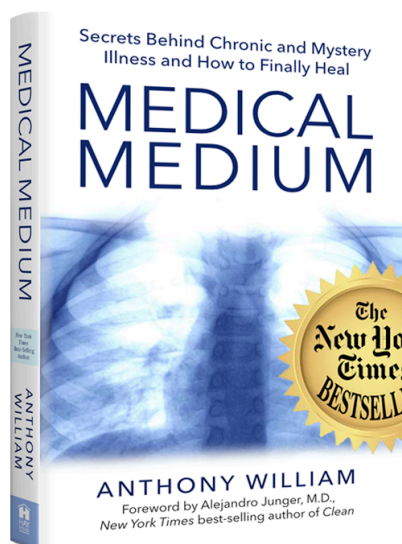
Chaga is rich in Vitamins A, C, B, D, and E and minerals such as manganese, iron, calcium, zinc, and selenium. It also contains potent anti-bacterial, anti-viral, anti-inflammatory, anti-microbial, anti-fungal, anti-candida, and anti-parasite properties. Chaga is one of the best sources of betulinic acid which is known to kill cancer cells on contact.



Chaga is often listed as one of the top anti-cancer and anti-tumor foods and is highly valued in a variety of natural cancer treatments and preventative protocols. Research has shown Chaga to be particularly beneficial for colon, stomach, endometrial, lung, breast, and prostate cancer. Chaga is also rich in beta-glucans which can dramatically strengthen and reinforce the immune system making it an ideal choice for those suffering with autoimmune disorders such as chronic fatigue syndrome, rheumatoid arthritis, lupus, fibromyalgia, irritable bowel syndrome, Chron's disease, lymphoma, bursitis, shingles, and PCOS. It is also very beneficial for those with HIV and has been shown to reduce the various symptoms and secondary diseases caused by HIV. Chaga contains the highest level of superoxide dismutase (SOD) in the world which is an enzyme that promotes the breakdown of free radicals and has been shown to be highly effective in the treatment of Parkinson's disease, Alzheimer's, Lou Gehrig's disease, gout, scleroderma, osteoarthritis, and cataracts. Its anti-inflammatory properties makes it ideal for those with IBS, arthritis, colitis, cystitis, tendonitis, edema, asthma, celiac disease, and acne.

Preparation: Use 1 teaspoon of Chaga extract powder to 8oz of hot water. It has a rich, earthy coffee-like flavor that can be sweetened with raw honey, stevia, or coconut sugar if desired.

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [Medical Medium](#), [Life-Changing Foods](#), [Thyroid Healing](#), and [Liver Rescue](#).



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