



Herbal Teas

Richard Craze

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Herbal remedies have been used for thousands of years, and have now become mainstream. This is a handbook to the herbs available for use in herbal teas, showing how to prepare infusions and decoctions, what benefits they have, what kind of dosage (or cups) are advisable, and which ailments in particular can be treated with specific herbs. Over 70 herbs are discussed, and there are step-by-step instructions on the best ways to use each herb. It also contains a directory of herbs listed by Latin name, detailing the properties, dosage, preparation and applications of each herb, with cautionary notes where necessary. A separate section lists common ailments that can be alleviated by the appropriate application of herbal teas.

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