

MEDICINE GARDEN HERBS & TEAS

ACAI BERRY 4:1

50g \$20

Native to the rainforests of South America, studies have shown Acai berries to be helpful for a variety of health concerns including arthritis, high cholesterol, erectile dysfunction, obesity and metabolic syndrome. Their high antioxidant content is also indicated to support brain, heart and immune health.

ASHWAGANDHA POWDER

50g \$15

Revered in Ayurveda, Ashwagandha has been used for millennia to promote physical and mental health. Known as an adaptogen, it strengthens and calms the nervous system and, over time, enhances the body's ability to manage stress.

ASHWAGANDHA TEA

50g \$10

Ashwagandha is known for promoting energy and endurance, improving cognitive function, lowering blood cortisol and supporting the adrenal system. With this host of benefits, it makes a good caffeine free alternative to your morning coffee.

BRAHMI TEA ORGANIC

50g \$10

This Ayurvedic "herb of grace" contains powerful compounds called bacosides which are believed to be responsible for Brahmi's ability to improve brain function, memory and attention.

CHAMOMILE ORGANIC TEA

50g \$15

One of the most versatile of all the herbs, Chamomile is renowned around the world as a relaxant, digestive aid and anti-inflammatory. It is used to ease tense muscles, calm anxiety, gently soothe pain, and relieve irritability; even in children. It is also said to be good for skin conditions.

COLTSFOOT LEAF HERB

50g \$12

Traditionally, Coltsfoot has been used to treat a variety of respiratory infections. It clears mucus from the lungs, soothes lung tissue and stops wheezing. Currently restricted for internal use in Australia, it may still be used as a smoking alternative to assist with coughs and lung congestion.

DAMIANA TEA

50g \$12

Damiana's use as an herbal remedy predates written history. Indigenous cultures have used it as an aphrodisiac for centuries. It has a mildly uplifting effect, boosting mood and lowering stress. It is also an excellent bladder and hormonal tonic, and is used widely as an alternative to tobacco smoking.

ELECAMPANE ROOT TEA

50g \$10

Elecampane has long been used as a tonic for the respiratory system. One of the best known herbs for healthy lung function, it acts as a natural expectorant to reduce phlegm. It is also indicated for digestive health as it contains phytochemicals that may help eliminate intestinal parasites.

ESPINHEIRA SANTA POWDER

50g \$18

Espinheira Santa is widely used in the treatment of digestive disorders such as gastritis, gastric ulcers, reflux and heartburn due to its protective action on the mucosa of the stomach. Its analgesic and antitumor properties have been studied in the treatment of cancer.

GINKGO TEA

50g \$9

The Ginkgo tree is recognized as one of the oldest trees in the world. Its leaves have been used for centuries in Traditional Chinese Medicine, primarily for treating respiratory conditions, brain function and circulatory problems.

HARD N UP - LONG JACK PLUS**50g \$14**

This combination of herbs is created as a potent libido booster and men's sexual stimulant. It may assist with increased sexual function, including maintaining an erection, as well as balancing hormones, decreasing stress, and supporting the prostate.

HERB ROBERT TEA**50g \$14**

Herb Robert is used to fight off many common diseases due to its ability to increase oxygen directly to the body's cells and enhance the body's immune system. A supreme therapeutic herb.

HOPS FLOWERS**50g \$10**

Hops is used for anxiety, inability to sleep (insomnia) and other sleep disorders (such as disturbed sleep due to shift work), restlessness, tension, excitability, attention deficit-hyperactivity disorder (ADHD), nervousness, irritability, and to manage symptoms of menopause.

MARSHMALLOW LEAF TEA**50g \$10**

The hydrating effect of Marshmallow makes it useful in the treatment of digestive tract disorders. As its slippery gel coats and cools irritated tissue, it can also be used to soothe the inflamed mucous membranes of the respiratory and urinary systems in the cases of sore throats, dry coughs, and UTI's.

MUCUNA ORGANIC POWDER**50g \$16**

Known as the magic velvet bean, Mucuna is actually a legume, not a herb. This natural supplement is an adaptogen used in Ayurvedic medicine to lower stress, reduce anxiety, improve focus, boost the libido and elevate mood.

MUGWORT TEA**50g \$10**

Mugwort has a strong tradition in ancient herbal medicine. People take it to alleviate stomach and intestinal issues such as ulcers, vomiting, cramps, weak digestion, constipation and parasites. It is also used in the treatment of menstrual disorders. Mugwort should NOT be consumed whilst pregnant.

MULLEIN TEA**50g \$8**

Mullein is an expectorant, meaning it helps the body to expel excess mucus. It is recommended for the treatment of various respiratory ailments, such as coughs, asthma, pneumonia, bronchitis and sore throats. Some studies show it to have antiviral and antibacterial properties that may help fight infection.

MULUNGU POWDER**50g \$15**

Mulungu is an Amazonian herb prized for its sedative effect. It is said to offer a variety of benefits for nervous disorders such as anxiety, stress, depression, panic and trauma. It is well regarded as a treatment for insomnia as it encourages deep sleep and healthy sleeping patterns.

NETTLE TEA**50g \$10**

Stinging Nettle is a highly nutritious plant used in herbal medicine as an alternative treatment for a variety of conditions. Studies show it may reduce inflammation, joint pain, hay fever symptoms, and blood pressure. It may also treat symptoms of an enlarged prostate and aid in blood sugar control.

NIGH TEA**50g \$14**

A blend of Passionflower and Mulungu herbs, both renowned for their calming properties. Nigh Tea soothes a stressed nervous system and helps to promote a restful sleep.

ORGANIC PASSIONFLOWER TEA**50g \$10**

Studies suggest that Passionflower works by reducing activity in the central nervous system. This results in relaxation, enhanced mood, better sleep, and pain relief. It has also been shown to be effective in reducing the intensity of menopausal hot flashes.

PAU D'ARCO BARK TEA**100g \$12**

The bark of *tabebuia avellanedae* is valued for its powerful phytochemicals and antioxidants. It is purported to be anti-inflammatory, antibacterial, antiviral, antifungal, anti-parasitic, anti-tumour, and antimicrobial, especially anti-candida. It detoxifies the body by removing harmful toxic substances.

PAW PAW LEAFPOWDER**50g \$14**

The leaf of the paw paw is high in papain, an enzyme which may aid digestion and alleviate constipation. By reducing stomach inflammation and blocking the growth of harmful bacteria, it helps to maintain a healthy microbiome, improve nutrient absorption and support a healthy immune system.

ST JOHN'S WORT ORGANIC TEA**50g \$10**

Several studies support the use of St John's Wort in treating mild to moderate depression, and related conditions such as anxiety, tiredness, loss of appetite and trouble sleeping. It is also used to alleviate symptoms of menopause. St John's Wort may cause serious interactions with some prescription medications. It should NOT be taken in conjunction with antidepressants.

ST MARY'S THISTLE SEED TEA**100g \$12**

Known also as Milk Thistle, this plant has been revered as a liver tonic for thousands of years. Modern research shows that St Mary's Thistle has a truly remarkable ability to both regenerate damaged liver cells and to protect them from poisons. St Marys Thistle also minimises the side-effects of chemotherapy, and increases breast milk production.

SUMA POWDER**50g \$18**

Suma is most commonly used as an adaptogen, to boost the body's ability to adapt to and resist stressors. It is reported to boost energy levels, improve sexual function, and lower blood pressure and cholesterol. It has also been studied for its immune boosting and cancer fighting properties.

VALERIAN ROOT TEA**50g \$12**

Valerian is most commonly used as an herbal remedy for sleep disorders. Drinking Valerian tea before bedtime may reduce the amount of time it takes to fall asleep and help you sleep better. Other possible benefits include decreased stress, menstrual symptom relief, and reduction of menopausal symptoms.

VALERIAN CONCENTRATE**10g \$20**

Valerian Root has been shown to promote relaxation with a natural sedative-like effect on the nervous system. Other benefits may include assisting with mood swings, sleep disorders, and feelings of anxiousness. This powdered concentrate may be added to foods, or beverages such as smoothies.

WHITE WILLOW BARK POWDER**50g \$10**

Willow Bark has been used for centuries as a pain reliever. Its active ingredient, salicin, works a lot like aspirin. Because of its anti-inflammatory properties, Willow Bark may be used to help with swelling, and muscle and joint pain, especially in people with arthritis. Others use it to help lower fevers and relieve symptoms of the common cold or flu. NOT recommended for those taking blood thinning medications.