



## Herbal Teas That Please by award-winning author / stress-relief expert Susie Mantell

These days, herbal teas are readily available in health food stores, restaurants and supermarkets. Many people enjoy their widely varied flavors as well as properties associated with the practice of botanical medicine for healing and wellness.

Here are just a few that many say help them:

- Digestion: Ginger
- Stress & Tension: Chamomile, Valerian
- Energy Lift: Peppermint (also used by many to aid in digestion)

Every manufacturer is different and each may make choices to include other ingredients than those primarily advertised. Herbal teas generally do not contain caffeine, however, as with all products, read labels carefully to avoid any ingredients to which you notice sensitivities.

**Remember:** "All Natural" does not in any way ensure that you are not allergic or sensitive to any substance nor that it cannot harm you. Arsenic is "all natural" too.

Check out more tips on [www.relaxintuit.com/tips](http://www.relaxintuit.com/tips) for some more specific strategies.

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