

# Sand Creek Organics

Dieter Bay and Elisabeth Guentert Bay, Grand Forks BC, [www.dimutara/sand-creek-organics/](http://www.dimutara/sand-creek-organics/)

**Certified Organic by NOOA Nr. 04-228**

## Teas



The study of medicinal and beneficial herbs is our lifelong fascination and results in the creation of different tea blends with their specific purposes. Herbal Medicine and its old tradition in Europe, the Ayurvedic-, Tibetan- and Chinese Medicine always uses a blend of **different herbs** with similar and yet slightly different purposes. The reason is to counterbalance strong effects with other herbs that no negative side effect will occur.

Each tea blend we have tested for its flavor, benefit and day time use over a longer period of time. We are drinking our teas with great pleasure and are happy to offer them to you. None of the tea blends are replacing a medical treatment, **they support and enhance your physical and emotional well being and can prevent you from malfunctioning.**

The herbs are either grown in our certified organic orchard and garden or wild crafted on our land. They are handpicked, carefully selected and only the strongest part of the herb used. We dry our herbs on racks in a shady, warm, well ventilated room in the shortest time possible. Just one season after our harvest, the herbs come as your chosen tea to you. Therefore we can **guarantee great freshness and quality.**

### **Energy Tea**      *for the morning*

This tea is made from 3 different berries and contains abundant Vitamin C. It has antiviral and antibacterial benefits and the minerals Ka, Ph, Ca, Fe, Mg. The tea is refreshing, cleansing and gives you a kick start in the morning. It is also a wonderful tea for hot days in summer. You prepare it in the morning, add a Tbsp. organic sugar and let it cool down; serve it with ice and lemon. This tea is a real energy boost therefore we recommend it as a morning tea.

Ingredients: Rosehip, Saskatoon, Oregon Grape, Apple Mint, Raspberry leaf, Apple peel

Direction: 1 teasp. for ½ l water, (after boiling, let the water cool down for 5 min.), steep for 10 min.

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## **Well Being Tea**     *during the day*

This is our most balanced tea. The 8 herbs are balancing themselves and create a harmonic infusion for every day with a lovely taste. The tea is anti inflammatory, blood purifying, increasing perspiration, activates the lymph system, gives digestive aid and is lightly diuretic.

Ingredients: Stinging Nettle, Elder flower, Raspberry leaf, Oregano, Apple Mint, Calendula, Lemon Verbena, Monarda fistulosa.

Direction: 1 teasp. for ½ l water, (after boiling, let the water cool down for 5 min.), steep for 5 min.

## **Relaxing Tea**     *for the evening*

This beautiful and colorful tea contains 3 different flowers, which disperse a delicate fragrance. With your first sip you start to relax, enjoying the lovely taste. After a full day work you deserve this wonderful tea, which helps to relieve tension, is relaxing, digestive, calming and brightens your state of mind.

Ingredients: Chocolate Mint, Lemon Balm, Monarda didyma, St John's Wort, Lavender, Lemon Verbena

Direction: 1 teasp. for ½ l water, (after boiling, let the water cool down for 10 min.), steep for 5 min.

## **Lady's Tea**     *for premenstrual and menopause*

This tea can help you when you are suffering from premenstrual or menopausal discomfort. Painful cramping will ease and hot flashes and emotional imbalance will lessen. The tea is also blood cleansing, anti inflammatory and blood generating; it helps with anxiety, nervous restlessness and short breath.

Ingredients: Yarrow, Lady's Mantle montana, Chamomile, St John's Wort, Red Clover, Motherwort

Direction: 1 teasp. for ½ l water, (after boiling, let the water cool down for 5 min.), steep for 5 min.

## **Belly ache Tea**     *after eating*

When we have eaten too much, too heavy, or a wrong combination we get easily stomach ache. Then it is time to drink a cup of this tea. It works anti inflammatory, anti gassing, cramp releasing, digestive.

Ingredients: Yarrow, Oregano, Chamomile, Chocolate Mint.

Direction: 1 teasp. for ½ l water, (after boiling, let the water cool down for 5 min.), steep for 5 min.