

Using Natural Remedies in Your Everyday Life

Topics Covered:

Better Breathing = Banishing Stress

Take Stress Down a Notch with Five Simple Breathing Techniques

Massage Magic: Five Quick Techniques to Relieve Stress

Organically Yours: Five Reasons to Buy Organic

Put a Damper on Depression: Natural Ways to Banish the Darkness of Depression

Retreat from the Every Day: Place To Go and Recoup

Something Smells! Aromatherapy in the Workplace

Take the Homeopath Way: Natural Cures for Everyday Health Issues

Turn Back the Clock: Vital Vitamins and Minerals that Slow the Aging Process

Weight a Minute: Ten Different Mini-Workouts When You Have a Little Time

You Are What You Eat: Nutrition Basics for the Clueless

You Are What You Eat: The Basics of a Macrobiotic Diet

Take an Acid Trip: Acidophilus Cures

Take Your Leave with Tea: Ten Natural Healing Tea Therapies

Using Natural Remedies in Your Everyday Life

Better Breathing = Banishing Stress

One form of natural stress relief is meditation techniques, which often involves the use of specific breathing techniques. This stress relief technique helps calm the mind and create an overall sense of peace and relaxation.

There are many forms of meditation and many are linked to certain religions or spiritual beliefs. Hinduism has many schools of meditation, including yoga. Buddhists use meditation to reach a state of enlightenment and many Jewish prayers are meditative in nature. Even many Christian religions utilize forms of meditation, such as the use of rosary beads in Catholicism.

Meditation does not, however, have to be about a spiritual or religious journey. Rather, it is a natural treatment for stress and anxiety that is accomplished by getting the mind, body, and spirit in balance.

To accomplish this, a person using meditation as a form of natural stress relief must find a quiet place. There are no strict rules regarding body positioning when meditating, but most people who use meditation as a form of natural stress relief prefer to do so in the lotus position. The lotus position involves sitting with the legs crossed while keeping the back straight and the shoulders level. Yet other practitioners prefer to sit comfortably, but with the legs uncrossed.

No matter the general position chosen when using meditation for natural stress relief, it is best to keep the spine straight throughout the meditation process. This position encourages circulation and makes it easier to breathe in the deep, slow fashion that is often necessary for meditation.

After finding a quiet place to perform meditation, and after assuming a position that is comfortable, it is time to begin this process of natural stress relief. Some people prefer to remain quiet while meditating. Still others close their eyes and hum or make other repetitive noises to help clear their minds and to block out thoughts and outside noises.

Many prefer to utilize specific breathing techniques and specific thoughts in order to reach a meditative and relaxed state. One popular method is to focus on each individual part of the body. Give your self permission to relax until your entire body is relaxed. At the same time, this method calls for taking a few deep breaths.

These are called cleansing breaths because they help clear the mind and bring a little extra oxygen into the blood. After the cleansing breaths, subsequent breaths should be inhaled to the count of four, and then exhaled to the count of eight. These counts help focus the breathing and clear the mind of other thoughts.

Unlike medication, there is no limit to the number of times meditation can be used. This natural stress relief technique can be used as often as necessary and for as long as needed

because it does not have the negative side effects of medication. In fact, it is possible to gain relief from stress and anxiety with just a one-minute session of meditation, though 20-30 minutes of meditation is most common.

Many studies have been performed on the use of meditation as a form of natural stress relief. These studies have shown that meditation does, indeed, lower the biochemical byproducts of stress. Meditation has also been proven to reduce blood pressure and heart rate, as well as increase favorable brain waves. This is unlike many stress-relieving medications, which may temporarily reduce feelings of stress, but can cause long-term harm to the body.

In fact, meditation is used often in hospitals with patients suffering from chronic or terminal illness to reduce stress. This is especially important because stress has been shown to contribute to poor health. A 1999 report by neurophysiologist Dr. James Austin from the University of Colorado stated that meditation actually reprograms brain circuitry. His findings were later confirmed using imaging techniques that view electrical activity in the brain.

Further studies at the Mind-Body Medical Institute, which is affiliated with Harvard and several other Boston hospitals, has found that meditation causes several biochemical and physical changes associated with relaxation, including changes in heart rate, metabolism, blood pressure, respiration, and brain chemistry.

With all of the positive research surrounding meditation and relaxation breathing techniques, it is easy to see why thousands of people use the techniques every day to relieve stress and improve living.

Take Stress Down a Notch with Five Simple Breathing Techniques

When our bodies perceive stress, they begin to produce stress hormones, increase our respiration levels, blood pressure and heart rate. This is called the fight-or-flight response. One way to respond to that stress and alleviate the body's response to it is to use proper breathing techniques. Good breathing is a must for the detoxifying of our body and the continuation of life. The intake of oxygen is so important for many of our bodily functions.

When it enters our system, it cleanses our blood by getting rid of toxic things floating in our bodies. Improper or irregular breaths hurt this perfect ability of our bodies to clean and force this trash to continue floating. This can cause a number of other problems including improper digestion. It will eventually lead to exhaustion and anxiety issues within the body. It can lead to overall poor health and a lack of coping ability with other situations.

Monitoring a regular breathing pattern helps to fight the evil effects of stress on the body. Before you can learn some stress reduction breathing techniques, though, you must learn proper basic breathing. You can start by lying down wherever you're comfortable, the floor, a bed, or a couch. Be sure your legs are a little away from each other, your toes flow out from your body, your arms aren't in contact with the other surfaces of your body, your eyes are closed, and your palms face above.

Try not to breathe through your mouth, as nose breathing is better for the detoxification process. When you inhale, your lungs and your body's midsection should move as one. As you breathe out, it should feel as if your stomach is releasing the air you've just consumed. Learning this can lead to proper practice of five simple breathing techniques for stress relief.

The first breathing technique that will help to eliminate stress is deep, relaxed breathing. Although the exercise itself can be practiced in any posture, it is best if you begin by lying down in your relaxed breathing position. Try placing your knees at an angle and ensure your feet are a hand's width apart, your toes are turned away from each other, and your back is as straight as possible.

Then put one of your hands on your midsection and one on your chest cavity. Breathe deeply through your nose into your stomach area to move your hand up as much as you are able. The hand on your chest should just barely move, and it should only move when the hand on your midsection does. You should keep going with this process until it becomes as natural as possible. The next step is to offer a smile as you take air in through your nose out through your mouth.

The exhale portion of this breath should make a gentle noise, as the wind might make in the trees on a summer day. Listen and feel. When you first start this exercise, do it for five minutes. Try to work your way up to twenty minutes. Once you've finished, spend a few minutes without moving to allow your body to simply exist for a few moments.

Another quick breathing technique for stress reduction is a cleansing sigh. Begin this process by sitting or standing with appropriate posture. Let out a gentle noise as you inhale deeply and sigh as much as your body will allow. The next inhale should be completely natural. This exercise can be repeated five to fifteen times.

An additional breathing exercise will not only relieve stress, but might also wake up the nervous and circulatory systems. You can start this one by standing as straight as you are able. Inhale and place your arms straight out in front of you. Begin to bring your hands toward your shoulder area, and as you do, ball up your fists. By the time your hands reach their destination, they should be tightly clenched. Keep them tight as you push your arms back into a position erect in front of your body. Repeat this exercise as quickly as you can ten to fifteen times.

The fourth breathing technique for stress relief is suggestive breathing. Start by relaxing your body in a horizontal state. Put both hands between your ribs and your stomach, and breathe deeply several times. Conceptualize that each breath you take is held where your hands now rest. As you let the air out, allow yourself to believe it is rushing to all parts of your body. Try this for five to ten minutes each day.

The final stress relief breathing technique is a rolling breath. For this exercise, unlike the others, you will need the help of a companion. Lie down and have your companion place one hand on your chest and one on your belly. Inhale deeply and imagine you are filling your companion's hands with air, belly first, then chest. Watch his or her hands as they rise with your inhalation. Exhale deeply. Repeat and it will create a rolling effect with your partner's hands.

These techniques are great for both dealing with and preventing stress.

Massage Magic: Five Quick Techniques to Relieve Stress

Massage is one of the most natural remedies possible. In fact, at times, it is even out instinct to massage. If you have a sore neck, the first thing you will be to touch and rub it. It's the same with hurting a body part. One of the first things a person does is touch it. Massage is also one of the best ways to maintain good health. Aches, sleeplessness, and tension can all be treated with simple massage.

Touching is the basis of massage. Without the human touch, people can become depressed. Infants deprived of touch develop slowly, and have health difficulties. Children who are raised in touching families are healthier, sleep better, and demonstrate more happiness with their lives. We are, however, unlikely to touch each other because of the feelings of love associated with touch. Massage removes these taboos and allows positive, healthy touching. There are five great massages that will have you feeling up to speed in no time.

The shoulders are a great place to begin a self massage. Most people suffer from stiff necks and shoulder aches at some time. These problems can frequently lead to headaches and poor posture. Start by touching your left shoulder with your right hand. Begin with the bottom of your skull, work down your neck, your shoulder, and work toward the left hand. Go back to your neck at least four times during the course of the massage.

Then do the other side with your left hand. Then make circular movements with your fingers. Press hard, doing these circular movements, on both sides of the spine. Do the same thing all the way up the neck, and around the bottom of the skull. Squeeze and release, several times, the area around your shoulder and upper arms. Very lightly hammer your shoulders with your fists, one at a time, to energize the area.

You can complete this quick massage by stroking your hands, then move to stroking your face. Slowly move toward your chin, you neck, and finally, finish with your shoulders again. This is a great one for removing stress and tension.

Another quick massage that may make your day go a bit faster is the legs. A leg massage can be very helpful in the course of a long day. It can also be very nice after a tough exercise period. First, rest your foot flat on the ground. Beginning at the foot, stroke the entire length of your leg. Be sure to do both sides. Repeat this at least three times for both legs.

Next, pay careful attention to the thigh. Kneading it regularly can improve the texture and shape. Very lightly hammer your thighs with your fists, one at a time, to energize the area. This should help if you've been sitting for an extended period of time. Massage your knees, front and back. Use your fingers to make hard circular movements around the kneecaps. Finally, knead your calf muscles. Finish the massage by lightly stroking the area.

Massaging your feet can invigorate and be a help to your whole body. While we all enjoy a foot massage from someone we care about, it's quite simple to massage your own feet. Place one hand under your foot and the other on top of your foot. Stroke the entirety of your foot three to four times. Next, begin working on each toe.

With one hand, grab an individual toe, pull it, knead it lightly, and squeeze gently. Use your fingers to make hard circular movements around the arch and the ball of the foot. Knuckle the entirety of the foot with one hand in a circular movement. Stroke and rub the ankle. Finish by lightly stroking the entire area.

A hand massage can also be very relaxing. Start by stroking all of the hand. Then squeeze the hand all over. Take each finger and squeeze and rub it individually. Make hard circular motions over the joint of your thumb and your knuckles. Use your thumb to rub the tendons in the back of your hand. Work across the palm of your hand making hard circular motions with your thumb. The best way to finish the massage is by gently motioning the entire hand.

One final quick massage that will improve your day is an abdominal massage. This can improve digestion and stimulate weight loss. Start by using your fingertips to knead the waist from one side to the other. Then knead the sides with your hand. Finish by placing the flat of your hand on one side of your abdomen and pushing it to the other side. Repeat this motion about ten times.

Massage is a quick way to relieve everyday stress all over the body.

Organically Yours: Five Reasons to Buy Organic

Nowadays many people are decidedly making smarter choices when purchasing food for themselves or their family. Organically grown foods have been increasing in popularity as people are choosing to live a smarter and healthier lifestyle. Organic farmers around the world are doing their part in preserving the quality of our ecosystem and to improve our health by growing food the way nature intended.

Organically grown food gives us a naturally healthy and purely delicious food that is completely free of harmful chemicals and pesticides. Conventionally grown foods tend to carry a heavier load of pesticide than the organically grown food and these can be very harmful.

Here are five reasons why you should choose to buy organically grown foods.

1. Organic foods are free of additives and preservatives and therefore taste more delicious and pure.
2. Buying organic foods helps to reduce the dependence on all the non-renewable resources.
3. The organic food industry promotes healthy farmland and supports those small family owned farms that produce the organic food.
4. Growing organic foods help to keep chemicals out of the water supplies and help protect the farmers and other workers from having contact with harmful chemicals and pesticides.
5. Organically grown food is exceedingly safe for children because it is free from harmful pesticides.

Next time you're shopping for groceries, think about how buying organically grown food can benefit you and your family. Think about choosing a food that was grown as nature intended, compared to one that had frequently been covered with poisonous pesticides and other chemicals. Would you buy food knowing that it had once been saturated with harmful chemicals?

At one point in time, that was something you never would have thought about, but now today in the information age, people are more aware of what they are putting into their bodies. Now people are aware of how food is grown and produced and now people have a choice.

Some great organically grown foods to buy are apples, grapes (imported), nectarines, pears, peaches, red raspberries, strawberries, bell peppers, celery, potatoes and spinach. There are even many other foods coming to market as organic foods such as eggs, cheese, yogurt, ice cream, milk, juice, bread, soup, meat, nuts, pasta and many baby foods.

Being organic is referring to the way the agricultural products of fiber and food are processed and grown. The ecological system heavily relies on the rich soil to produce plants strong enough to withstand diseases and other pests. Organic farming means that the use of any chemicals and toxins are prohibited and work only in favor of the earth friendly habits that work with nature.

In livestock, preventative measures are taken to keep the animals productive and healthy because the use of antibiotics is forbidden. Genetically modified organisms are also strictly prohibited in the organic production.

Only three categories are allowed by the USDA when labeling organic foods:

1. **100% Organic** - Means the food item is made purely and 100% of organic ingredients.
2. **Organic Made** - Means the food item is made of at least 95% organic ingredients with the remaining 5% heavily restricted and with no genetically modified organisms.
3. **Made With Organic Ingredients** - Means the food item is made of no lesser than 70% of organic ingredients with the remaining 30% heavily restricted and with no genetically modified organisms.

The USDA has set strict regulations when labeling organic foods. An organic food must contain at least 95% of organic ingredients in order for it to be labeled as "organic." Any foods that have less than 70% of organic ingredients cannot make any claims on the front of the package that it is organic in any way, but may list the specific organically grown ingredients on the side panel.

The primary barrier to most consumers of buying organically grown foods is the price. Eating healthier is sometimes more expensive than the chemically treated foods. However, as the organic food industry is steadily rising as the varieties and availabilities are increasing, the prices are becoming more competitive and more appealing. We all owe it to ourselves and our families to stay healthy by eating healthy, and it should not have to cost you an arm and a leg to do so.

Put a Damper on Depression: Natural Ways to Banish the Darkness of Depression

Depression or similar mood disorders affect twenty five percent of Americans. At least one in eight Americans will experience a serious bout of depression. Depression is a major condition because depression is the leading cause of suicide. Depression can sometimes be a normal experience. For example, depression after dealing with death, divorce, or life-changing accidents is perfectly normal. However, prolonged bouts of sadness without a real reason are quite serious.

Depression can be caused by any number of things in the body. Poor nutrition is often a cause for depression. People who eat extensive amounts of processed foods don't get the materials required for appropriate bodily action. This can include problems with brain function and the nervous system. For some people, pesticides (which can leave a residue on food) and things that are added to food like sugar replacements can be toxic and can induce serious problems within the body.

Additionally, food allergies can cause depression. People who are allergic to wheat have been known to report depressive symptoms as a result of consuming that food. Regulation problems of the hormone system can also be a cause of depression. Stress, toxins, poor diet, and exercise can change hormone levels and lead to mood swings. Stress, more specifically, secretes excessive hormones in the body, causing difficulty with brain processes. Sleep difficulties can also lead to depression.

Most people require eight to ten hours of sleep each night. Getting too much or too little sleep changes the body's natural rhythm. There are many possible culprits including bedroom lighting, noise, and stress. Whatever the problem, though, it can change the body's natural mood. Exercise increases endorphin release in the body and prevents depression.

Those who don't exercise are thirty percent more likely to suffer from depression than those who do. Whatever the cause of your depression, it needs to be treated. However, medical doctors are most likely to prescribe drugs like Prozac to treat your illness. While medications like Prozac can be necessary at times, they can also have serious side effects like anxiety and violent behavior.

Perhaps one of the best ways to treat depression is through natural medications. While it is necessary to eat well and exercise while taking any of these, they will help in the long term. One natural solution to depression is St. John's Wort. This medication has few side effects and has been shown to assist with depression, apathy, sleep disturbances, anorexia, and feelings of worthlessness.

Another helpful herb is Ginkgo. This can improve circulation, which, in turn, means more blood reaching the brain. That helps to detoxify your body. 5-HTP is also quite helpful in treating depression. It can raise serotonin levels, which can cause rising levels of endorphins and other neurotransmitters that are changed when the brain enters a depressive state.

In addition to natural medications, vitamin and mineral therapy can be quite helpful. Many vitamin deficits have been shown to contribute to mood difficulties. Vitamin B6 deficiencies have been shown to be a contributor to depression.

Folic acid deficiency can cause depression, insomnia, anorexia, forgetfulness, hyperirritability, apathy, fatigue and anxiety. Vitamin B12 absences have been known to cause postpartum depression. Vitamin C loss causes low levels of serotonin. Poor levels of magnesium can cause poor attention, memory loss, fear, restlessness, insomnia, tics, cramps and dizziness. Supplementation of any of these vitamin and mineral losses can help heal depression.

There are a few other natural ways to heal depression. A focus on nutrition has been shown to lower depression levels in some patients. You should follow several guidelines to create a well balanced, nutritional diet. First, try to consume two and one half cups of vegetables and two cups of fruit each day. When making your selections for each day, be sure to choose a good variety.

Select from all five vegetable subgroups at least four times per week. You should eat at least three ounces of whole grain products each day. At least half of your grain intake should be whole grain based.

Milk should also be part of a healthy diet. Consume at least forty-eight ounces of low fat milk or milk products on a daily basis. Your total fat intake should only be between ten and thirty percent of your calories. Most of the fats you consume should be in the form of unsaturated fats, as saturated fats can do much to damage your health. Meat, poultry, dry beans, and milk or milk products should all be lean, low-fat, or fat-free.

Less than ten percent of your calories should come from saturated fats, and you should always try to avoid trans-fatty acid. Fiber-rich fruits, vegetables and whole grains should be a regular part of your diet as should potassium rich foods. Alcoholic beverages should only be consumed in moderation.

One final way to heal depression is through regular exercise. Choose an activity you enjoy, and then stick with it. Try to exercise twenty minutes per day, three days per week. This will help detoxify your body and increase levels of important neurotransmitters in the brain, thus banishing depression.

Retreat from the Every Day: Place To Go and Recoup

The stress of modern life can be overwhelming. When you have too much on your mind, your body produces excess stress hormones like adrenaline, non-adrenaline, and an adrenal-cortex hormone. Additionally, your body experiences other changes. Your heart rate increases, your blood pressure goes up, your respiration levels change, you begin to sweat, and you become unable to process your food because digestion shuts down.

While moving or any type of physical action can slow or even stop the effects of stress, sitting at your desk or in the car simply causes all of the stress reactions in your body to continue. At

some point, your body becomes so full of the stress reactions; you can't handle the simplest of daily tasks. This is the time to retreat from the everyday stress of life.

A good retreat doesn't have to mean vacation. It can simply mean finding a room in your house you enjoy and spending some quality time there. For many people, this room is their bathroom. While bathrooms used to be purely useful in nature, today's designs and accessories have changed the bathroom's image. One option for turning your bathroom into a stress relief center is to change your showerhead. Some deliver water massages.

Others create a steam room right in your bathroom. Additionally, most showerheads are now adjustable, which helps because people aren't all the same size. If you want a retreat, it's nice to finally have one that fits you as a person. Bath seats are also popular now. Because people work such long hours, most of them don't want to be on their feet any longer than they have to. With the proper sized showerhead, it is possible to sit on a comfortable bath seat and enjoy your style without putting additional pressure on your feet.

In addition to changing the equipment like the showerhead, there are a number of other easy fixes to make your bathroom the retreat you've always wanted. It is important to paint your bathroom walls a soft, soothing color. Pastels like pale lilac, soothing blue or gentle greens will make it seem like the perfect, comforting space. Oversized one hundred percent cotton towels with your preferred thickness will increase this experience. If you only use them when you need a bit of relaxation, they will maintain their size.

Aromatherapy candles can also be helpful. You can get them in colors to match your walls, and the scent can be very soothing, as can the gentle, flickering light. Bath oils can add to the experience. You can make your own by combining your favorite essence oils, or you can purchase prepared scents that you enjoy. Add some music to your retreat by placing a media player away from the water source.

Keep some relaxing music in the player, and you've got an instant soothe. If you plan to take a bath, draw it ten minutes before you want to get in. That will give the bathtub time to heat up. All of these simple changes to your bathroom will make it a great everyday retreat.

Another way to retreat from everyday life without even leaving is mediation. Mediation offers an inner retreat. Simple meditation can be undertaken wherever you happen to be at the time. You can even carry on your day-to-day tasks while being in a meditative state of mind. For meditation beginners, however, it is best if you practice mediation in a quiet place before you attempt to undertake it with distractions present. Begin by finding a place where you will not be disturbed.

It works best if you sit on the floor, but you can do it anywhere you feel comfortable. Classic mediation takes place on the floor with a pillow. If you intend to mediate with your eyes closed, be sure there is enough light present in the room to keep you from sleeping. The whole intention of mediation is to examine your thoughts on a deeper level, and sleeping will interfere with that. The most basic thing to do to get started is nothing.

Simply relax and do nothing. Become aware of your breathing and let your thoughts free you. Stop examining the world as a series of disconnected events and look at the entire things a

connective circle. It is important with beginning mediation to avoid the use of mantras. They will only force you to lose your focus on yourself.

Stress is, at times, overwhelming. It is important to find everyday retreats that allow you to relax and let go of your worldly troubles.

Something Smells! Aromatherapy in the Workplace

Since the beginning of the new millennium, aromatherapy has become an issue taken into serious consideration by many businesses and employers. In many case studies, the use of aromatherapy in the workplace has been proven to reduce work related stress and improve activity, as well as reduce the cause of most illness.

Aromatherapy is not only proven to add protection against infectious diseases, it's been proven to affect the mood and morale of employees. Working in an aromatherapy treated environment enables employees to think more positively and clearly, along with feeling better altogether. Being able to function in a stress-free environment can allow employees to act with more intuition and heart.

Aromatizing our working environment can also be a purifying experience by the use of fungicidal, anti-bacterial, and antiviral therapy to reduce the chances of contracting a respiratory disease, allergies, or other negative effects generated by air conditioning units. These purifying agents also reduce the chance of contracting a contagious disease by those who work in crowded offices or schools.

Some purifying agents also seem to have an ionizing effect by appearing to reduce static electricity caused by a large number of electrical equipment, like computers, copiers, fax machines, etc. When all this equipment overcharges the atmosphere, they can induce psychosomatic symptoms such as stress, mood swings, aggression and over all tension.

A pleasant working environment is now more of a necessity than desire for employees when considering employment. Positive attitudes in the workplace are closely connected to an aromatherapy treated environment. Employee burnout and stress has become a continuing problem in the workplace that has many employers searching for solutions to these serious problems.

Some factors that contribute to employees becoming stressed are computers, lack of sunlight, pressuring work demands, and deadlines, harsh chemicals used for cleaning and improper lighting. The use of aromatherapy in the workplace is taking a natural approach to adding comfort in the environment to reduce stress and therefore increase productivity.

Do your employees need a break? They might, if you've noticed symptoms like: irritability, depression, constant headaches, sluggishness, excessive absences or sick days, lost sense of humor, angry or defensive behavior, making more mistakes and trouble in concentrating.

Employees' benefit: An aromatherapy treated environment offers a more comfortable and pleasant working environment. With this comes the ability to think more clearly and function more easily and also make fewer mistakes that take time to be corrected.

Employers' benefit: Less absenteeism, increased productivity, and increased morale. Aromatherapy can also help stop the spread of infectious diseases, such as coughs, colds, flu, sore throats and other illness that can keep employees away from their work or prevent them from doing the work correctly and in a timely manner.

Aromatherapy can be used in the form of candles (depending on the working environment and company policy), a water bowl, spray bottle or other method that is acceptable to the working environment. You can find aromatherapy items in most stores, mainly in small selections. Some malls may have an entire store dedicated to aromatherapy or you can shop online and find a particular scent or method to dispense the therapy.

There is an abundance of fragrances available through aromatherapy. So which ones should you pick? All fragrances tend to have different functions; most will state what the expected function or relief affect it will have on the package. If you are searching for something specific, you can search through the well stocked online stores and narrow your search down dramatically, all within the comforts of your own home, or office.

Some of the most widely used fragrances are:

- Frankincense as a centering and stabilizing fragrance that revitalizes the mind and body and reduces anxiety.
- Chamomile as a calming fragrance that tends to send relaxation against depression, stress, insomnia and anxiety.
- Geranium as a fragrance to ease anxiety, mental and physical tension and regenerate emotional balance.
- Lavender as a fragrance establishes emotional balance by relaxing the mind and promoting mental and physical well-being by dispelling fear, reducing anger and clears thinking.
- Marjoram as a fragrance to aid in relief from emotional exhaustion and upsets, nervous tension, stress and as an aid to relive insomnia by relaxing the body and the mind.

Take the Homeopath Way: Natural Cures for Everyday Health Issues

Natural cures for everyday Health Issues takes many forms. We call them Grandmas' old remedies or natural cures, but they are cures without using medications. Do you know how to stop a baby's hiccups? A little bit of sugar on your finger will take them away after he's done sucking off the sugar.

Another one for hiccups for someone older is to try to scare them out of them, sipping water from a glass upside down, and then there's my personal favorite. Taking a big, deep breath and holding it until you either turn blue, pass out or your body forces you to breath. And that's what it does; you can't voluntarily hold your breath to turn blue.

Some other old remedies I remember from living with my Grandma. Do you have a cold? Then the best thing is to do a sink full of dirty dishes and make the water as hot as you can stand it. Personally, I would just rather go sit in the shower. Have you ever had vapor rubbed on your chest and covered with a piece of flannel? Been there, done that lots of times. Our cough syrup was honey and lemon juice.

Headaches also have many natural cures you can try. Exercise is a good idea, a brisk walk will get your blood circulating, release contracted muscles and generally just lets you relax. My personal favorite is a hot bath. The hot water also helps release bunched up muscles and helps you to relax.

Did you know that dehydration could cause headaches? It's been printed that you need to drink at least six to eight glasses of water a day. I have heard the excuse that you don't like the taste of water, but now it comes in so many flavors and without sugar that excuse is pretty well not usable anymore. In addition, other natural cures for headaches include acupressure, acupuncture, and aromatherapy. You need to press or massage on the fleshy area between thumb and forefinger, that's one of the pressure points for acupressure.

Other ways to get rid of a nasty headache is to lie down in a dark room avoiding bright lights. Alternate hot and cold washcloths applied to the area where the pain is located. If you haven't eaten in a while, have something to eat that is nutritious. Do slight neck rolls and shoulder lifts to relieve tense muscles in your shoulder and neck area.

Here are some interesting natural cures for symptoms of pregnancy I wish I'd had when I was pregnant. To relieve symptoms of morning sickness there are natural cures you can do to help the situation. One of the most obvious is to cut out spicy and fatty foods. Another is to stay away from strong odors such as onion, garlic, and coffee. You should eat several small meals a day instead of three big ones.

Try eating a few soda crackers with a couple of sips of room temperature water before you get up in the morning. Again, acupressure is recommended by wearing sea bands three quarter of an inch down your wrist in between tendons. Last, eat what sounds good to you. My doctor gave me that advice and it has been good for me throughout my life. Generally, if it sounds good, you can keep it down better.

Heartburn can also be helped by many of the same remedies of morning sickness. Some extra hints are avoiding trigger foods that are acidic, spicy, and fatty. Avoid tight fitting clothing after you've eaten which can worsen the symptoms. One other idea, add some slippery elm powder to a cup of tea.

Natural cures are available for arthritis sufferers as well. Ginger extract is a natural anti-inflammatory substance. It takes damaging oxidizing agents out of the body. In other words, it's an antioxidant. Ginger extract is completely natural and can be taken and have no side

effects. Willow has also been used to ease pain. The Greeks used to mash the leaves of the willow plant with a little wine and apply it to the sore area.

Lifestyle changes can significantly impact pain levels of arthritis. Getting some exercise daily will help the joints moving freely and strengthens the joints. Don't overdo, but a little exercise will go a long way to keep you moving freely. It helps some sufferers if they cut back on certain foods. Some of those foods are red meat, dairy products, and tomatoes. Eat a lot of fruit and vegetables, include plenty of Vitamin C and you'll find your joints will feel better but you're also eating healthier too.

Turn Back the Clock: Vital Vitamins and Minerals that Slow the Aging Process

As we grow older, we often wish we could turn back the clock and have the vitality of your younger days. Hormonal changes turn down our inner "thermostat" which results in a change of hormone levels. This is thought to be the primary cause of aging. The first goal would be to replace hormonal levels to the level of a healthy young adult. Then there our cell receptor sensitizers that help rejuvenate the thermostat in our brains. Let's review a few of them and what they will do.

If you are experiencing an imbalance between estrogen and progesterone levels this can cause depression, fatigue, mood swings, memory loss and unexplained weight loss. There are several over the counter, natural ways to increase your hormonal level especially in women. The soy product has been used extensively to help balance hormone levels. There are also creams on the market that provide extra hormones when they are absorbed in the skin.

Free radicals pose one of the greatest threats to our health as we progress into the twenty-first century. What are free radicals and what do they do? Free radicals are renegade, unstable oxygen molecules that collide with other particles and tissues in our bodies. This causes a burst of light on impact. They seek out other molecules to combine with in order to gain stability. Some free radicals are good for you because they enable you to fight inflammation, kill bacteria, and help control the tone of your smooth muscles.

These muscles help regulate the workings of your internal organs. When there are too many free radicals in your body, they run wild attacking not only unhealthy but also healthy parts of the body. This causes such diseases as heart disease and cancer.

Antioxidants have been found to be a successful shield against these free radicals. They alter cancer growth and act as anti-carcinogens. Antioxidants are chemical substances that donate an electron to a free radical and convert it to a molecule that is harmless. Antioxidants intercept free radicals to keep them from damaging blood vessel membranes. This helps the flow of blood to the heart and brain and can against cancer causing damage. Fruits, vegetables, and grains are rich sources of antioxidant vitamins and minerals.

Carnosine is an important amino acid and natural antioxidant found in high amounts in the brain, lens of the human eye and muscle tissue. It's capable of protecting cell membranes and

cell structures. It is effective against muscle fatigue, reducing stress, hyperactivity, and helping sleep patterns.

Lycopene is another antioxidant that we have seen a lot of on television lately. The richest source of lycopene is in tomatoes and tomato products. Aging reduces levels of lycopene in the blood. Lycopene is needed in organs such as the adrenal glands, prostate, liver colon, and testes. It appears that lycopene is a protection against cancer in the digestive tract.

Lipoic acid is a co-factor in the conversion of carbohydrates to energy as well as an antioxidant. This acid is both water and fat-soluble and can eliminate free radicals in the water compartment of a cell and protects against oxidation. It breaks down sugars so that energy can be produced and is one of the most important antioxidants. It's called the universal antioxidant because it is able to quench free radicals both in water and fat cells.

Xanthenes have strong antioxidant effects on the nervous system but it also is a bitter compound and is known to produce agreeable and delightful feelings. It is a great benefit to those who suffer from depression and acts to reduce appetites and obsessions. It produces a series of hormonal reactions that triggers the release of dopamine in the pleasure centers of the brain.

Dopamine is an energizing neurotransmitter, which can increase or decrease output by brain cells causing a domino effect. Dopamine helps stimulate the pituitary gland that releases growth hormone and improving the immune response. It also helps stimulate brain activity no matter what the age. Dopamine is known to decrease with aging. Blueberries are considered a big part of reversal in motor dysfunction that occurs with aging and dopamine deficiency.

Weight a Minute: Ten Different Mini-Workouts When You Have a Little Time

Through the years, studies have continually shown how exercise cannot only help us achieve desired fitness goals; it can also lead to healthier lives. It creates health benefits like longevity, disease prevention, weight management, and disease control. Additionally, it helps to build flexibility and muscle tone. It increases circulation, which can help increase artery size, thereby decreasing the chance of clogged arteries. At the most basic level, physical fitness allows the body to perform to its full capacity.

Fitness helps us appear, feel, and act to our full potential. It is essentially the capability to complete everyday responsibilities energetically and actively, with energy remaining at the end of the day for appreciation of liberty activities. Fitness means being able to handle situations where the average individual might fail. It is the core of excellent health.

Physical fitness affects the entire body. It also involves emotional well being. If your body feels good, your mind does too. In today's busy society, though, many people don't have time for exercise. They simply don't have the time to become physically fit. There are, though, several mini-workouts that can move you toward your physical fitness goal.

The first mini-workout takes about ten minutes. For the first five minutes, warm up by walking at a quick pace. Notice your posture and try to keep it as straight and tall as possible. Spend the next three minutes at a very fast walk or a slow jog.

Finish the workout off by spending the last two minutes at a quick walking pace, allowing your heart rate to settle into its normal pattern. Walking or light jogging for any length of time is an excellent exercise choice for most people for a number of reasons. One reason it is so popular is that it requires little in the way of preparation.

A sturdy pair of walking shoes will take you a long way to meeting your exercise goals. Additionally, there is a very low risk of injury associated with walking. It is relatively harmless on the joints as one foot is always on the ground. Therefore, when the other foot strikes the ground, it carries little more than a person's total body weight with it.

Another benefit to walking is that it can be done anywhere. You can walk in the comfort of a shopping mall, a local high school track, or a nature trail. Wherever you decide to walk, though, be sure you have your personal safety in mind. Walking can reduce stress by refreshing your brain and increasing your energy level. If you decide to walk, try to walk at a pace you can maintain for the entirety of the walk. Slow down if you feel any type of pain or any shortness of breath.

The second mini-workout takes about fifteen minutes. Spend the first two minutes climbing a few flights of stairs or doing some jumping jacks. Then spend eight minutes in power walk mode. Spend the next three minutes exactly as you did the first two minutes, and polish the workout off with two final minutes of brisk walking.

The next one takes a little more time, about twenty minutes should be sufficient. Spend the first two minutes stretching from side to side, your arms reaching for your feet. Spend the next minute doing squats with an imaginary overhead press. For the next three minutes, you should jog in place. Add an extra minute and spend some time doing lunges.

The next minute should be spent with your feet locked together, jumping from side to side. Spend minute eight doing as many push-ups as you can in one minute. Minute nine should be spent in a push-up position bring each knee as far toward your hands as you can alternately. During the final eleven minutes of your workout, repeat the first ten minutes with one final minute of cool down time.

The fourth mini-workout focuses on the upper body. It will take about ten minutes. The first minute should be spent doing step ups with a small bench or step. The next minute should pass while you are doing wall push-ups. Minute three should be spent shuffling across the room. Place your feet at your shoulder's width apart. Bring the left foot to meet the right foot. Spread them apart and repeat the entire length of the room.

Spend minute four doing pull-ups with your upper body. Place a broomstick between two chairs and lie underneath it. Begin your pull-ups. The next minute will pass quickly as you run in place. Complete some one arm push-ups during minute six. High knee lifts should consume minute seven. The final minutes of your workout should be spent doing some dumbbell curls.

The next workout has a lower body focus. Like the last workout, spend the first minute doing step-ups. Spend the next two minutes doing lunges, and an additional two minutes with the shuffle described in workout three. Spend the next three minutes jogging in place, but bringing your knees as close to your chest as possible. Spend your final two minutes running a nearby set of stairs.

The sixth workout helps focus on your abs. Start the workout with two minutes of a type of sit up. Lie on your back. Raise your arms up. Slowly roll your shoulders, neck, and head up. Repeat as much as possible. Spend the next two minutes with the shuffle. The next three minutes should be spent jogging in place. Spend the final minutes of your workout running stairs.

Another good mini-workout is to use a jump rope for ten minutes. This can be done anywhere. Just close your office door, and pull it out of your briefcase. The eighth workout is equally as simple. Do a series of squats and lunges with dumbbells in hand to give your upper body a quick workout as well.

Workouts nine and ten are also very simple. Spend ten minutes running the stairs in your office building. Alternately, spend fifteen minutes doing a series of stretches in your office. It will improve the blood flow to your muscles and help keep you going through the rest of the day.

You Are What You Eat: Nutrition Basics for the Clueless

Reaching your weight goal is simply a matter of burning more calories than you take in. However, that can be very difficult when you want to see overall body health improvement as well as weight loss. Good nutrition skills are a must in this case. Proper nutrition can help to reduce your risk of a variety of health problems including heart disease and cancer.

This, however, entails eating many different foods, watching your consumption of some food and beverage items, and counting calories. Good diets offer balanced nutrition that reduces cholesterol, blood pressure, and aids in weight loss.

To function properly, your body must have the correct combination of nutrients. Carbohydrates are one nutrient your body requires. They are the primary source of ammunition in your diet. The body uses them to build glucose, which can be used immediately or stored in your body for later.

Too much glucose, though, is stored as fat. There are both simple and complex types of carbohydrates. Sugars are simple carbohydrates. Starches and fibers are complex carbohydrates. Proteins are another important nutrient. Proteins help your body build and fix muscles and other tissues. They also function in the creation of hormones. Like carbohydrates, excess protein is stored as fat.

Animal and vegetable proteins are the two major types. Too much animal protein, though, can cause high cholesterol, as it is high in saturated fat. Odd as it may sound; fat is another

nutrient your body requires. It comes in both saturated and unsaturated forms. Saturated fat puts you at risk of health problems.

Unsaturated fat is healthy, but if it goes through any type of refinement process, it can become saturated fat. Vitamins are also required nutrients. Different vitamins perform different tasks within the body. They can work with the metabolism to help with energy levels for any task you can think of that you need your body to perform. It has also been noted that certain vitamins can prevent disease.

For example, vitamins A, C, and E, also called antioxidants, can assist with the prevention of coronary artery disease by keeping build up from occurring on artery walls. Vitamin B-1 is needed for digestion and proper nervous system function. Vitamin B-2 is needed for normal cell growth. Vitamin B-3 helps to detoxify your body. Folic acid assists with production of red blood cells. Vitamin D assists with the absorption of calcium.

Vitamin K helps your blood clot. Minerals and trace elements are another nutrient your body requires. Both are used in all sorts of different body processes. Minerals like chlorine help make your digestive juices. Phosphorus helps build strong bones. Both can be found in the foods we consume, but with a trace element, your body just needs a tiny amount. Salt is one final nutrient your body requires. You should not consume more than 2400 milligrams per day, though, as it might raise your blood pressure.

You should follow several guidelines to create a well balanced, nutritional diet. First, try to consume two and one half cups of vegetables and two cups of fruit each day. When making your selections for each day, be sure to choose a good variety. Select from all five vegetable subgroups at least four times per week. You should eat at least three ounces of whole grain products each day. At least half of your grain intake should be whole grain based. Milk should also be part of a healthy diet.

Consume at least forty-eight ounces of low fat milk or milk products on a daily basis. Your total fat intake should only be between ten and thirty percent of your calories. Most of the fats you consume should be in the form of unsaturated fats, as saturated fats can do much to damage your health.

Meat, poultry, dry beans, and milk or milk products should all be lean, low-fat, or fat-free. Less than ten percent of your calories should come from saturated fats, and you should always try to avoid trans-fatty acid. Fiber-rich fruits, vegetables and whole grains should be a regular part of your diet as should potassium rich foods. Alcoholic beverages should be consumed in moderation. **The basis of a healthy diet is excellent nutrition.**

You Are What You Eat: The Basics of a Macrobiotic Diet

A macrobiotic diet is a diet formulated by the belief that food, and the quality of food, has an affect on a person's life on a greater extent than most people realize. Practitioners of a macrobiotic diet believe that food has an affect on health, as well as happiness and well being.

Those who follow a macrobiotic diet believe that natural foods with little to no processing are the best choice of food. In addition, they believe in using traditional methods of cooking and they enjoy cooking for themselves, as well as for family and friends.

Literally translated, macrobiotics means "great life." Physicians and philosophers from around the world have associated macrobiotics with living in harmony with nature while eating a simple and balanced diet. In the 1920's, George Ohsawa, who founded the modern form of macrobiotics, claimed to have cured himself from a serious illness by changing his diet.

Ohsawa believed in the Chinese philosophy of Yin and Yang. The yin represents outward centrifugal movement and the yang represents inward centrifugal movement. Yin and yang are always opposite, with yin being sweet, cold, and passive and with yang being salty, hot, and aggressive. In a macrobiotic diet, the yin and yang need to be kept in balance for good health.

Because this balance of the yin and yang is at the core of the macrobiotic diet, foods are all classified as one or the other. This division is in accordance with their properties, tastes, and effects on the body.

Grains and vegetables are not strong in either yin or yang. Therefore, they are especially important in the macrobiotic diet. These more neutral types of foods make it easier to maintain balance of yin and yang and these foods that are extremes in either yin or yang or to be avoided in the macrobiotic diet.

All foods included in the macrobiotic diet must be organically grown. Whole grains, such as barley, brown rice, oats, millets, rye, core, buckwheat and whole wheat are thought to be the most balanced of foods in a macrobiotic diet. Therefore, these foods make up about 50 to 60% of the macrobiotic practitioner's diet. Whole grains are the preferred type of grain in a macrobiotic diet, but small portions of bread and pasta derived from refined flour are acceptable.

Fresh vegetables make up approximately 25 to 30% of the macrobiotic diet. Broccoli, cabbage, kale, cauliflower, collards, turnips, mustard greens, turnip greens, radish, onion, butternut squash, acorn squash, and pumpkin are the primary vegetables to be included in a macrobiotic diet. Iceberg lettuce, celery, snow peas, mushrooms, and string beans are to be included in the diet only two or three times per week. In a macrobiotic diet, these vegetables are to be prepared by either being steamed lightly or being sautéed with unrefined cooking oil, ideally corn oil or sesame oil.

5 to 10% of the macrobiotic diet consists of sea vegetables and beans. Chickpeas, adzuki beans, tofu, and lentils are the recommended types of beans. Sea vegetables should be included in the diet. These vegetables are rich in vitamins and minerals.

Soups and broths make up about 5 to 10% of the macrobiotic diet. Soups should contain a soybean paste. They also should contain beans and vegetables.

In a macrobiotic diet, a few servings of seeds, nuts, and fresh fish (such as flounder, halibut, and cod) each week are acceptable. Acceptable sweeteners in the macrobiotic diet are barley malt, and rice syrup, which is a sweet drink made from rice. Plum and brown rice vinegar may

also be occasionally used in the macrobiotic diet. Tamari soy sauce and sea salt can be used to add flavor to soups and to grains.

A person following a macrobiotic diet only drinks when thirsty. The only drinks that are generally accepted in a macrobiotic diet are teas, which are made from dandelion greens, roasted grains, or the leftover cooking water from preparing soba noodles. Teas containing caffeine or aromatic fragrances are unacceptable. In addition, all cooking water and drinking water must be purified before use.

Foods such as eggs and dairy products are thought to have strong yang qualities. Similarly, chocolate, refined sugars, tropical fruits, coffee, fruit juice, soda, and hot spices are believed to contain strong yin qualities. Therefore, all of these foods are avoided in the macrobiotic diet. All foods with artificial flavors, artificial colors, and preservatives are also avoided.

The macrobiotic diet is more than just a diet, it is a lifestyle, and it embraces a simplistic diet bound closely to nature.

Take an Acid Trip: Acidophilus Cures

Lactobacillus acidophilus is a type of bacteria that is attracted to acid. It is often referred to as "friendly" bacteria because of its helpful characteristics and the importance it has in the function of the human body. Acidophilus is found naturally in the intestines and in the vagina, where it protects the body from unhealthy organisms.

Certain products, such as contraceptive creams, however, can kill acidophilus, making it easier for undesirable organisms to attack the vagina. In addition, oral antibiotics can kill acidophilus. For this reason, patients who undergo extensive antibiotic therapy are often told to consume regular amounts of acidophilus in order to re-colonize the bacteria in the gastrointestinal tract.

When acidophilus breaks down food it produces hydrogen peroxide, lactic acid and other byproducts. These byproducts create a hostile environment for unwelcome organisms. In addition, acidophilus uses nutrients that other microorganisms need. In this way, acidophilus kills harmful bacteria in the digestive tract by preventing these bacteria from receiving nutrients.

Acidophilus also has been shown to assist in producing folic acid, niacin, and pyridoxine during digestion. In addition, acidophilus helps with bile deconjugation and separates bile acids from amino acids. The amino acids can then be reused by the body. For these reasons, acidophilus is thought to also help protect the body against alcohol and other drugs, as well as from aging and stressful living.

Acidophilus is found in many forms of yogurt and it can also be found in special acidophilus milk. Foods such as carrots, rice starch, bananas, soybeans, garlic and garbanzo beans are also rich in acidophilus. In addition, acidophilus can be purchased in capsules, powder form, liquids, and tablets at health food stores.

Some of these acidophilus products found at health stores also contain bifid bacteria, which is another bacterium that is helpful to the body. In addition, many contain vitamin C and other valuable nutrients. A drink can be made from the acidophilus powder and it is best to drink it or take another acidophilus supplement on an empty stomach, about an hour before meals.

Research has shown that acidophilus can prevent or stop the growth of Candida, also known as candidacies or yeast. Candidacies normally reside in the intestines, mouth, and genital area. It lives best in warm, moist environments. Therefore, this fungus is responsible for thrush, which is an overgrowth of yeast, in the esophagus, mouth, and vagina. If the yeast is left unattended, it can form into visible, white patches.

Yeast infections of the vagina can cause a white, thick, odorless discharge. It often resembles cottage cheese. Vaginal yeast infections can also cause burning and itching and redness and irritation of the vulva. In addition, a yeast infection can cause discomfort or even pain during urination or during sexual intercourse.

Yeast infections can also be the cause of diaper rash in babies. A yeast diaper rash is caused by the skin being damaged and yeast from the intestines invades the skin. This sort of rash usually occurs after using antibiotics or as the result of a prolonged rash. A yeast rash is red, raised and patchy. A paste made of water and acidophilus applied to the rash can help clear it up. Or, one teaspoon of acidophilus powder can be added to formula once per day for a baby who is being bottle-fed.

Some reports have indicated that yogurt containing acidophilus aides in treating vaginal candidacies, or yeast infections. In fact, one study showed that women with recurring vaginal yeast infections who eat eight ounces of yogurt containing high levels of acidophilus every day have a significant reduction in the occurrence of the infection.

In addition, research has indicated that acidophilus helps improve the functioning of the gastrointestinal system and boosts the immune system. Patients have also reported that acidophilus helps with diarrhea, urinary tract infections and indigestion. They have also said that acidophilus helps sweeten the breath and treat acne.

A further study by Oklahoma State University showed that acidophilus might help in the reduction of serum cholesterol levels. Further research by the University of Kentucky has shown that acidophilus can reduce the risk of coronary heart disease for people who have high levels of blood serum cholesterol.

Take Your Leave with Tea: Ten Natural Healing Tea Therapies

Research shows that drinking tea benefits health. Tea has antioxidants that help fight cancer and helps fight the natural aging process. Some tea contains vitamin C that helps fight illnesses and colds. Polyphenes found in some tea helps strengthen teeth by reducing plaque. Polyphenes also help aid digestion by increasing the flow of digestive juices in the stomach. There are many healing properties of tea. Try the following ten natural healing tea therapies.

Green Tea: Green tea comes in many different varieties and packs huge nutritional benefits. Green tea varieties, which are the most popular in Asia, include Jasmine Green Tea, Jasmine Dragon Pearl, Green Peony Tea and Roasted Japanese Green Tea. All green tea is high in both nutrients and minerals. After green tea is picked, it is dried using hot air.

The tealeaves are then pan fried, but not fermented. When tea is not fermented, it helps preserve the nutrients and vitamins found naturally in tealeaves. Also, green tea contains vitamin C. Vitamin C helps to naturally boost the immune system and promotes overall good health. Fluoride is also found naturally in green tea. This serves to strengthen bones and prevents dental decay.

Oolong Tea: Oolong tea is known for aiding indigestion and by lowering cholesterol levels in the body. Oolong tea is made from large, mature trees and produces a full-bodied taste. The leaves are semi-fermented and after being picked, are left to wither, which removed moisture. Semi-fermentation happens after the leaves are left in the shade. Oolong tea has a pleasant aftertaste and a sweet, but fruity aroma. Some varieties of Oolong tea include Jasmine Oolong Tea, Ice Peak Oolong Tea, Hairy Crab Oolong Tea and WUYI Rock Tea.

White Tea: White tea is made by using very young tealeaves that are still covered in down. The leaves are not fermented. Instead, they are steamed and dried in the sun. Because of the lack of fermentation, white tea contains a high concentration of chemical compounds, which are known to help fight cancer. Because the leaves are still downy, the brewed tea has a silver-white appearance. It has a sweet aroma and fresh flavor. White tea varieties include Silver Needle, White Peony, and Jasmine Silver Needle.

Black Tea: Black tea blends are most popular in the Western world and are used in English tea blend. After the leaves are picked, the leaves go through full fermentation that makes the leaves darken to almost black. Black tea can taste different, too. It can be flowery, fruity, and spicy or even have a nutty taste. Black tea, which contains antioxidants, is known for lowering the risk of stroke and helps reduce clotting of the arteries. Black tea varieties include Black Tea, Rose Black Tea, English Breakfast Black Tea and Earl Grey Black Tea.

Chamomile Tea: Chamomile tea, which is considered a floral tea, has a very aromatic, fruity flavor and is a member of the daisy family. This tea is known for helping aid with toothaches, insomnia, muscle cramps, and can help reduce the swelling of skin irritations.

Rosebud Tea: Rosebud tea is another floral tea. It is made using rosebuds of a rose bush. The tea has a very sweet, floral aroma and a light, sweet taste. Often, rosebud tea is brewed with other types of tea. The essential oils in rosebud tea can help aid circulation.

Wild Holy Tea: Wild Holy tea is has a bitter taste and is often used for medicinal purposes rather than the taste. This type of tea has show to help detoxify the body, aid in blood circulation and digestion and with regular consumption has been show to help control blood pressure and obesity.

Milk Tea: Milk Tea, and Indian black tea mix with spices, is the most popular tea in India and Sri Lanka. It is usually brewed with milk and spices, such as cinnamon, cardamom, and ginger. Milk tea added with other types of tea, such as green tea helps aid in overall health.

Red Tea: Research has shown that this type of tea, which is grown in Africa, is rich in antioxidants and has a high level of antioxidants. Red Tea is also caffeine-free. This kind of tea has proven to help boost the immune system. Varieties of this tea include Florida Orange Red Tea, Organic Cape Red Tea, Organic Green Red Tea and Organic Green Summer Red Tea.

Paraguay Mate: This type of tea is very popular in South America. The tea is brewed with spices and drinking with a straw from a gourd. The tea is used to aid many health benefits including aiding in depression, aiding digestion, and boosting energy levels.