

Simple Herbal Infusions for Everyday Uses

Many herbal infusions taste great unsweetened, but if you need it to be sweeter, you can add a small amount of honey (for children over 12 months), maple syrup (great for babies under 12 months), brown rice syrup, or stevia.

Tummy Trouble Tea (Gripe Water)

Gripe water is traditionally used to settle upset tummies, colic, and gas. The herbs used are soothing and carminative (an herb that helps dispel gas). This infusion can be given to babies 6+ months in small amounts, about 5ml – 20ml (for small infants younger than 3 months, have the mom drink a cup of tea prior to nursing. The baby will gain the benefits through the breast milk).

You can make a large batch of this infusion and keep it up to 2 days in the refrigerator.

1 part Fennel seed

1 part Lemon Balm

1 part Chamomile

1 part Ginger

(other great soothing carminative herbs you could add is cardamom, dill, cinnamon, or licorice root)

Steep the Fennel seeds (covered) for 10 minutes and then add the chamomile, lemon balm, and ginger to the infusion and steep for 2-5 minutes. Add sweetener if desired. Drink warm or cold as needed to soothe an upset or gassy tummy.

Three Needs Tea

This naturally sweet and delicious herbal infusion is formulated to calm the nervous system, improve mental focus, and help to connect the body, mind and spirit so the drinker can feel more at home inside their body. All three herbs are nervine (calming to the nerves), carminative, uplifting, and aid in breaking up stagnation both physically and emotionally.

1 part Lemon Balm

1 part Catnip

1 part Chamomile

Pour simmering water over the herbs and let sit for no more than two minutes. (After two minutes, the chamomile will turn bitter.) Strain / Remove the herbs, let the infusion cool to a comfortable temperature and drink slowly. As you sip the infusion, breath in deeply through the nose to inhale the calming volatile oils found in each of these gentle herbs.

This infusion can be made and drunk up to three times per day.

Sleepy Time Tea

4 tsp Chamomile

2 tsp Catnip

3 tsp Lemon Balm

2 tsp Oatstraw

2 tsp Hibiscus

1 tsp Passionflower

Combine all herbs together in a jar. Use 1 TBSP of herb mix per 4 – 8 oz simmering water (steep 2 – 5 minutes) and drink prior to bedtime. Adding a splash of Tart Cherry Juice adds some complimenting flavor as well as decreasing inflammation in the body.