



Just Breathe Tea

DESCRIPTION & BENEFITS



ABOUT JUST BREATHE TEA

Our Just Breathe Tea is supportive and soothing to the lungs, the respiratory system, and the immune system. These hand-crafted herbs have been grown in our own organic gardens, ethically harvested, and/or purchased from organic suppliers.

Mullein Leaf: An expectorant with anti-inflammatory and anti-spasmodic properties, making it helpful to the respiratory system especially for a dry nonproductive cough.

Marshmallow Root: Soothes irritated mucosal tissue and is beneficial for a dry cough.

Elecampane Root: An expectorant and anti-tussive which makes it helpful for coughs and soothes the respiratory system. It is gentle and an excellent lung tonic.

Wild Cherry Bark: Generally, acts a restorative from illness and is helpful with recovery. It is an astringent, expectorant, anti-tussive, and anti-inflammatory. It is a popular remedy for coughs and helps to open the lower respiratory system. It calms an irritated cough and is good for nighttime coughs. It helps to dry the mucus and increase expectoration which helps to open the airway.

Thyme: A bronchodilator, anti-spasmodic, anti-inflammatory, and expectorant. Helps to warm the lungs and opens the airway. It is connected to the lung meridian in Chinese medicine.

Stinging Nettles: High in vitamin C and Zinc. Supportive to the kidneys and adrenals. It is an alterative, meaning it can purify the blood and eliminate waste.

Lemon Balm: Nervine, anti-viral, anti-oxidant, and anti-microbial, brings about a calming effect, lessens anxiety and nervousness.

Passionflower: Anti-spasmodic properties which helps to quiet the cough. Helpful at nighttime to promote sleep.

Burdock Root: Encourages the body to move fluids through. Helps with stagnation and elimination of toxins.

Star Anise: Anti-viral and anti-malaria properties. Good for an upset stomach.

Green Rooibos: Caffeine free, with high levels of antioxidant. Also helps to fight free radicals.

TERTIARY

PRIMARY

SECONDARY

SPECIAL NOTE

- Strain through a cloth or paper filter to remove the small plant hairs from the mullein.
- Not to be used during pregnancy.
- Can cause allergic reaction for people with allergies to the Asteraceae family.
- Do not take with a pharmaceuticals.
- If you are using pharmaceuticals, please consult with your health care provider or herbalist before drinking this tea.

DECOCTION METHOD

- to a pot of 24 oz. (3 cups) of pure, cold water, add 1 rounded Tbsp of Just Breathe Tea
- allow to sit one hour with a lid
- bring to a simmer with no lid for 20–30 minutes
- remove from heat, let sit with lid on, 8 hrs to overnight
- strain herbs
- save herbs to rebrew one more time (store used tea in refrigerator until next decoction)
- 3-8 oz. cups throughout day or 3x during the day

INFUSION METHOD

- pour 24 oz. (3 cups) of boiling water into 1 rounded Tbsp of Just Breathe Tea
- allow to sit at least 20 minutes with a lid
- strain herbs
- save herbs to infuse two more times (store used tea in refrigerator until next infusion)
- 3-8 oz. cups throughout the day or 3x during the day

ABOUT OUR JUST BREATHE TEA

Our Wellness Just Breathe is a product of a collaboration between Nini Ordoubadi, artisan tea blender and founder of Tay Tea and Erin Ethier, Herbalist and owner of Earthly Remedies by Erin.

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DISCLAIMER

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

