

## Period Symptom Soother Herbal Tea Recipe

**Recommendation:** Start drinking a pot of the tea every day a week before your menstrual period. This can also relieve your PMS (Premenstrual Syndrome).

### Ingredients

1. 4 TL Raspberry leaves – Tea
2. 2-3 tsp nettle tea (depending on how strong the taste should be)
3. 3 TL chamomile tea
4. 3 – 5 cm ginger (peeled and chopped or sliced)
5. 1 -2 tropfen vanilla extract
6. 1/2 lemon squeezed (alternatively orange)

### Preparation

Peel the ginger, then chop or slice. Put raspberry leaves, nettle leaves, chamomile flowers and ginger in a tea sieve. Pour 1.25 L of water over it and let it steep for at least 10 minutes. Ideally between 15 and 20 minutes).

Squeeze half a lemon. Add the lemon juice and vanilla extract to the tea.

**Here's to a less painful period!**

Ingredients	Effect
Raspberry leaves	Antispasmodic and circulation-promoting, relieve flatulence and diarrhoea
Nettle leaves	support the kidneys and drain, can also help with bladder pain
Chamomile flowers	antiinflammatory. antispasmodic. Deflating
Ginger	Digestive, pain-relieving
Vanillin in Vanilleschote	antioxidant, antibiotic, anti-inflammatory and cell-regenerating effect, mood-lifting
Lemon	Contains vitamin C, which in turn promotes iron absorption. What is especially important during your period