

## Tea recommendation

Item	Unit Price	Quantity	Total Price
 <a href="https://www.aussiehealthproducts.com.au/hilde-hemmes-liquorice-root-75gm.php">Hilde Hemmes Liquorice Root 75gm</a>	\$10.40	<input type="text" value="1"/>	\$10.40 ✕
 <a href="https://www.aussiehealthproducts.com.au/hilde-hemmes-calendula-flower-50gm.php">Hilde Hemmes Calendula Flower 50gm</a>	\$8.50	<input type="text" value="1"/>	\$8.50 ✕
 <a href="https://www.aussiehealthproducts.com.au/hilde-hemmes-stinging-nettle-herb-50gm.php">Hilde Hemmes Herbal Tea Stinging Nettle 50gm</a>	\$7.45	<input type="text" value="1"/>	\$7.45 ✕
 <a href="https://www.aussiehealthproducts.com.au/hilde-hemmes-yarrow-herb-50gm.php">Hilde Hemmes Yarrow Herb 50gm</a>	\$7.05	<input type="text" value="1"/>	\$7.05 ✕
 <a href="https://www.aussiehealthproducts.com.au/hilde-hemmes-bedstraw-herb-50gm.php">Hilde Hemmes Bedstraw Herb 50gm</a>	\$9.40	<input type="text" value="1"/>	\$9.40 ✕
Subtotal			\$42.80

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<https://www.aussiehealthproducts.com.au/hilde-hemmes-stinging-nettle-herb-50gm.php>

<https://www.aussiehealthproducts.com.au/hilde-hemmes-yarrow-herb-50gm.php>

<https://www.aussiehealthproducts.com.au/hilde-hemmes-bedstraw-herb-50gm.php>

### Method:

Hilde Hemmes Bedstraw Herb	2 to 3 Teaspoons
Hilde Hemmes Yarrow Herb	2 to 3 Teaspoons
Hilde Hemmes Herbal Tea Stinging Nettle	2 to 3 Teaspoons
Hilde Hemmes Calendula Flower	2 to 3 Teaspoons
Hilde Hemmes Liquorice Root	1 Teaspoon

Make a teapot and drink throughout the day.

I have added liquorice root , this herb can be added purely to make the tea more pleasant to taste.  
You are not allowed to add sugar, milk or honey.