Anna-Maria

NUTRITIONIST
HERBALIST & DOULA

HERBAL

TEA

Guide



LOOSE LEAF HERBAL TEA

Naturopathically formulated, hand blended in Paddington

annamaria.com.au

FOR THE CYCLE

Bloom

FOR THE RISING HALF OF YOUR CYCLE

Three great women's herbs from three traditions, in equal parts: shatavari from Ayurveda, gynostemma from Chinese herbalism and lady's mantle from European folk medicine. Lemon balm brings lightness, nettle a green base and a little rose softens the whole. Naturally, slightly sweet in the cup, thanks to gynostemma, known in China as "sweet tea vine". An everyday tonic from your bleed to ovulation, as your energy rises.

All certified organic. Not for pregnancy or breastfeeding.

Womb Tonic

FOR THE INWARD HALF

Raspberry leaf leads, traditionally tending to uterine health, as it has in midwives' bags for generations. Nettle and oat straw give a nourishing base, lemon balm nourishes the nervous system, rose tends the heart, and ginger brings warmth. Drink from ovulation to your next bleed, and from 32 weeks of pregnancy into the fourth trimester.

FOR EVERY DAY

Wise Woman

THE DAILY INFUSION

Made in the tradition of the long mineral infusion: a big handful steeped overnight in a jar, strained in the morning and sipped through the day. Nettle, oat straw and alfalfa are the classic nourishing trio; marshmallow adds a silky body and elderflower a light floral lift. For every season of a woman's life, maiden to crone.

Digestive Calm

AFTER MEALS

A classic after-dinner blend in the old European way, built on three tastes. Bitter to begin: dandelion leaf. Aromatic to warm: spearmint, fennel and ginger. Gentle to settle: chamomile, meadowsweet and calendula. A cup to slow down with at the end of the day.

FOR MOTHERS

Lactation Tonic

FOR THE BREASTFEEDING MONTHS

Fennel and goat's rue lead, two herbs nursing mothers in Europe have reached for for centuries, joined by shatavari from Ayurveda and fenugreek from the Middle East and India. Oat straw and nettle add a nourishing base. Up to three cups a day once breastfeeding begins.

MADE TO GO TOGETHER

The Cycle Pair

Bloom from day one of your bleed to ovulation, your inner winter and spring.

Womb Tonic from ovulation to your next bleed, your inner summer and autumn.

The Mother's Trio

A beautiful gift for a Mother Blessing.

Womb Tonic from 32 weeks and into the fourth trimester.

Wise Woman daily, through pregnancy and beyond.

Lactation Tonic once breastfeeding begins.

MEET THE HERBS

Every herb offers us a gift

Please receive the medicine from these herbs.

NETTLE *grounding*

warm, dry, building

A deep green restorative, traditionally drunk to rebuild strength and vitality after birth, blood loss or long depletion. For when you feel worn thin.

OAT STRAW *soothing*

moist, sweet, nourishing

The great nerve nourisher of Western herbalism, for frayed, overstretched nerves. It restores slowly and steadily: a tonic for the exhausted carer.

ALFALFA *nourishing*

cool, building

Its name means "father of all foods". Prized as a building tonic in convalescence and recovery, a green food-herb that helps refill the well.

ELDERFLOWER *protective*

cool, opening

Traditionally used to open and release, helping the body let go. For the woman who gives and gives and seems fine, but needs more support than she shows. In Danish lore Hyldemor, the Elder Mother, guards the household.

RASPBERRY LEAF *toning*

astringent, gently drying

The midwife's herb, traditionally used to tone and prepare the womb in late pregnancy and help it return to itself after birth.

SHATAVARI *nurturing*

cool, sweet, nourishing

Ayurveda's great rasayana for women, a rejuvenative for fertility, vitality and receptivity. It nourishes the feminine at every stage, from first bleed to motherhood and beyond.

LADY'S MANTLE *protective*

astringent, cooling

The woman's herb of European folk medicine, traditionally used to tone the womb and steady the cycle. A protective cloak for the feminine.

ROSE *heart-opening*

cool, gently astringent

The flower of love in almost every tradition. Cooling and softening, it opens the heart and brings tenderness and beauty to the cup.

GOAT'S RUE *generous*

cool, moistening

A European herb of the nursing mother, its old name Galega comes from the Greek for milk. Traditionally given for a generous flow.

GYNOSTEMMA *restoring*

balancing, adaptogenic

China's "herb of immortality", traditionally drunk daily in the long-lived mountain villages of Guizhou for vitality and steady energy into old age.

LEMON BALM *uplifting*

cool, aromatic

Old herbals say it "maketh the heart merry". Traditionally used to lift low spirits and quiet a restless mind.

MARSHMALLOW *softening*

cool, moist

It turns silky in water, coating and soothing dry, irritated tissue. For when you feel brittle or raw, inside or out.

FENNEL *warming*

sweet, aromatic

A gentle warming herb, traditionally used to settle wind and colic, and long given to nursing mothers.

FENUGREEK *warming*

moist, nourishing

Valued in Ayurvedic and Middle Eastern traditions as a strengthening seed, and one of the oldest herbs for nursing mothers.

CHAMOMILE *calming*

gently bitter, aromatic

In Matthew Wood's teaching, chamomile meets the oversensitive, irritable state where everything feels too much. A gentle digestive bitter too, it settles nerves and belly together.

MEADOWSWEET *cooling*

astringent, aromatic

"Queen of the meadow", soothing and protective to the gut, traditionally used to cool and settle an acid, overheated stomach.

CALENDULA *sunny*

warm, bitter

A herb of the sun, traditionally used to heal and soothe mucus membranes and keep the lymph moving.

DANDELION LEAF *bitter*

cool, cleansing

The classic bitter. Bitterness wakes digestion and, in traditional terms, helps the body release what it is holding on to.

GINGER *warming*

hot, pungent

Ayurveda's "universal medicine". It warms the belly and circulation, and is traditionally added to a blend to help the body take up the other herbs.

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