Heartburn Tea

Even though I call this Heartburn Blend, the herbs in it are suited for any type of indigestion. It works best when taken as a tea so that it can run down the digestive tract, coating and soothing as it goes.

INGREDIENTS

Equal parts of the following herbs:

- *Marshmallow*
- *Chamomile*
- *Catnip (or any member of the mint family)*
- *Fennel seed (crushed)*
- *Calendula*

DIRECTIONS

Blend all the herbs together and use to make a soothing herbal tea. 1 tsp per cup of water or 3 Tbsp per quart of water. Let steep for 10 minutes or so and then drink as is or add some raw honey to sweeten. Optionally you can also add a couple of stevia leaves to sweeten.

