



GOLDENROD

ECHINACEA

PEPPERMINT

GINGER

ALLERGY RELIEF TEA

A combination of herbs proven to alleviate allergy related symptoms and boost immune function

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PHOTO BY GLORIA KILONZO DUCHAINE

During the cool months, meadows of goldenrod bloom nationwide. It is traditionally used by Native Americans for its wound healing properties, commonly applied as a poultice for wounds and burns. Its decongestant, astringent, and antimicrobial properties make it an effective remedy for upper respiratory infections and issues such as sinus infection and general congestion. More studies need to

echinacea, however so far researchers have found it to be slightly effective in prevent upper respiratory illnesses when taken before onset. The ginger and peppermint compliment the drying goldenrod and echinacea by warming the body and stimulating circulation. Don't consume this tea blend if you're allergic to plants in the daisy or Asteraceae family. Avoid use whilst pregnant.

HERBAL CHEST RUB



EUCALYPTUS (25-30G)
ROSEMARY (25-30G)

CARRIER OIL (1 CUP)
ESSENTIAL OIL
(OPTIONAL)

MAKE AS YOU COULD A SALVE. PLACE HERBS AND OIL IN A DOUBLE BURNER ON LOW. SLOW BOIL FOR 30 MINUTES. SLOW MIX IN WAX BASE. ONCE IT'S COMPLETELY DISSOLVED, ADD E.O. TRANSFER TO SEALABLE GLASS CONTAINER

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