

Herbal Teas

Herbal teas are another great way to get water in during winter when it's cold, and even room temperature water doesn't sound good. Herbal teas are simply the infusion of fruit, veggies (leaves and roots), and spices in hot water.

NOTE: Any caffeinated tea is not an herbal tea and will NOT count toward your daily water intake. The following teas will NOT count toward your 64 oz. of water: black tea (and any flavored black teas), green tea (and any flavored green teas), white tea (and any flavored white teas), Oolong, Chai, Earl Grey, Darjeeling, Yerba Mate, etc. and the decaffeinated versions of these teas will NOT count either as they have to undergo an artificial process to decaffeinate them. Herbal teas will also not count toward water intake if they include any artificial colors, artificial flavors, or any infused sweeteners (including dehydrated fruit juices), so check the ingredients. With herbal teas, loose leaf is the BETTER option, and organic is BEST.

Here are some great options for herbal tea:

Ginger, Cinnamon, and Honey: Great for stomach issues, energizing, inflammation, cardiovascular issues, and arthritis.

Chamomile: Great for an upset stomach, anxiety, PMS cramps, sleep issues, migraines, and stomach ulcers. Use with caution if you have ragweed allergies.

Peppermint: Great for stress relief, sinus relief, skin issues, nausea, muscle aches, and stomach problems including IBS. **(DISCLAIMER: Peppermint MAY cause a dip in milk supply if nursing.)**

Dandelion tea: Great for a digestive aid, inflammation, immune function, diabetes, and high blood pressure. Nourishing to the kidneys, liver, and gallbladder. Liver function is enhanced when combined with Milk Thistle.

Red Raspberry Leaf: This includes tannins that give it a flavor profile similar to a less bitter black tea. Very nourishing to the lady bits and is known for improving fertility and supporting pregnancy. In men it's helpful for detoxifying artificial estrogens from the environment.

Rooibos: Enjoyable flavor profile, especially if paired with honey. Known for its antioxidant properties and helping with skin concerns.

Lemon Balm: Great for mood lifting, concentration, reducing nightmares, nerve pain, and may help with regulating thyroid.

Lavender: Great for soothing mind and body, lifting moods, upset stomach, reducing fevers, and reducing cough.

Echinacea: Assists with the common cold and enhances the immune system.

Nettle: Great for anemia, high blood pressure, rheumatism, arthritis, colds and congestion, kidney issues, UTIs, and allergies.

DISCLAIMER: If you choose to ingest high amounts of herbal teas, check first to make sure that they don't interact with any medications you are currently on.