



Nausea Relief

Nausea is never fun. We recommend having some dried peppermint on hand, just in case. Another great herb to soothe the stomach is ginger. It's tasty and warming. If you get the chills during a nauseous spell, try it out! Please note that if you run warm ginger will warm you more; pair it with peppermint or skip the ginger altogether. You can use these together or separately. Either can help!

For loose-leaf infusions:

“1. Put 4 to 6 tablespoons of dried herb (or 6 to 8 tablespoons fresh herb) into a glass quart jar.

2. Pour boiling water over the herbs, filling the jar. Let steep for 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)

3. Strain and drink.”

R. Gladstar, Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

**For Nausea, strain half a cup of tea after 5 minutes so that you have an aid right away. You may also play with steep time as ginger and peppermint are strong flavors. Ginger is best fresh for nausea, although it will still be helpful dried.