

Winter Warrior

In China, every child is sent home with a similar blend of medicinal herbs to help prevent colds and flu's during the winter months, Winter Warrior tea will keep you strong and healthy all season.

ingredients

Chrysanthemum

Ju Hua | *Chrysanthemum morifolium*
The western world knows the Chinese plant "Ju hua" as the florists' chrysanthemum, primarily valued as an ornamental plant. However, the chrysanthemum is a well-known medicinal herb in China. Vision is improved by using the herbal medication made from the chrysanthemum. The floral medication is also used to soothe the sore eyes as well as to bring relief from persistent headaches and to counteract all kinds of seasonal infections including the common cold and the flu.

Honeysuckle

Jin Yin Hua | *Lonicera japonica*
Honeysuckle in herbal medicine is the "jin yin" or Chinese honeysuckle - *L. japonica* to botanists. The properties of this variety of honeysuckle were recorded in the Chinese medical book called the "Tang Ben Cao," that was written in A.D. 659. This herb remains as one of the most potent Chinese herbs used for eliminating heat and accumulated toxins from the human body, such as bringing down elevated temperatures or fever. The remedies made from the flowers of the honeysuckle have an anti-spasmodic effect which brings relief from chronic coughs and is traditionally used as a treatment for asthma and related respiratory disorders.

Isatis Root

Ban Lan Gen | *Isatis*
Ban Lan Gen is the root of the Isatis plant, or *Isatis indigotica*, this botanical has been used for thousands of years in traditional Chinese medicine and Ayurvedic medicine. It is used in combination with other herbs to treat the common cold, sore throat, mumps, respiratory ailments. Studies indicate that isatis plant has antimicrobial, antiviral and immunostimulatory effects.

Mint

Bo He | *Mentha haplocalycis*
Mint was first mentioned in Grandfather Lei's Discussion of Herb Preparation (c. AD 470). In Chinese herbal medicine mint is a popular treatment for colds, sore throats, sore mouth and tongue, and a host of other conditions ranging from toothache to measles. Like peppermint (*M. x piperita*), it helps to lower the temperature, has anti congestive properties, and may be taken for dysentery and diarrhea. Mint is often combined with ju hua (*Chrysanthemum x morifolium*) to treat headaches and bloodshot or sore eyes.

Licorice

Gan Cao | *Glycyrrhiza uralensis*
Derived from the root of the plant. Licorice is used extensively in traditional Chinese medicine for a variety of conditions and ailments. Almost all clinical studies on licorice have been performed in combination with other herbs. Alone, licorice is used primarily to manage gastric complaints and as a flavoring agent.

stay healthy
this flu season!