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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Chinese Herbal Teas Explained

By Sarah Williams

Chinese herbal teas are technically called Tisanes. These are recognized as infusions made herbs and not tea from the *Camelia Sinensis* plant. The essence of the herb is extracted when the tea is steeped in hot water.

Traditionally, the Chinese herbal teas are used for their medicinal and healing properties. However, there are many varieties that are also enjoyed simply for their taste. Today, these teas can be bought in China as the country produces an entire pharmacy of herbs.

### The Benefits of Chinese Herbal Tea

One of the well-known benefits of Chinese herbal tea is that it offers the tea drinker caffeine free alternatives. Many of them are considered to be very soothing and comforting. The Rosebud and Chrysanthemum herbal teas are just two of them.

The Rosebud and Chrysanthemum teas are known in China as a woman's herb. However, it is also useful for aiding digestion. As noted, even a hardcore tea drinker will surely enjoy the flowery freshness of these miniature rosebuds. The Chrysanthemum in particular has a unique flavor. It has long been used to cool the body and reduce fever.

The Chinese herbal teas are even great beverages to have at night, especially when you might not want caffeine.

### The Famous Flower Herbal Teas

There is a number of Chinese herbal tea varieties, one of those are the flower teas. These teas are caffeine free alternatives and offer various benefits. Most of them are calming and soothing, while offering a palatte of flavors.

Here are the most famous flower teas:

## Chinese Herbal Teas Explained

- Carnation Flower Tea - This is an attractive red flower tea which is said to help restore the energy of the body. It is also considered great for relaxing.
- Chrysanthemum Herbal Tea - This is but a top grade of the famous cooling tea infusion. It has a subtle sweetness and is highly refreshing.
- Gongju Herbal Tea - Another caffeine-free tea, which is smooth tasting. The whole flower is known for its soothing as well as relaxing attributes.
- Jasmine Bud Flower Tea - According to some experts, this Chinese herbal tea consists solely of the small and beautiful Jasmine flowers that have yet to open. This produces a caffeine-free and sweet brew.
- Forget Me Not Flower Tea - This is also caffeine-free and is said to aid the lungs. It brews a mild and grassy flavored tisane. And, it is known for its beautiful purple flowers.
- Yunnan Flower Bud Tea - As the name implies, this Chinese herbal tea grows in the old forests of Yunnan. This is considered a rare flower and is a local Yunnan drink that is caffeine free.
- Wild New York Ginseng - Here is another well-known Chinese herbal tea intended for those who appreciate the wild growing conditions in which the roots lived. It is said that because of the rugged wild conditions, each root has a unique appearance and personality. Some of these wild roots can be very small but also very old. There are also some larger roots that can be younger. Accordingly, these herbal roots lives for at least seven years and up.
- Kuding Pearl Tea - Many who have tasted this tea noted that this is a bitter tea. This variety is rolled into large pearls which are also called "one leaf tea" because of the size of the leaves. Others call it "one leaf" because one needs only one leaf of this tea to heal a number of things. In addition, this is an ancient leaf and is deemed by many as an interesting herbal tea.

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### **Chinese Herbal Medicine**

**By Anastasia Phocas**

A popular saying about Chinese herbal medicine answered the question "What to Expect from a Doctor of Chinese Medicine" with "Above all else, do no harm"

## Chinese Herbal Teas Explained

Among all the medical systems of the world, Chinese herbal medicine is the most highly developed. Over thousands of years, the experience of countless administrators of the system ensured its popularity.

Chinese herbal medicine consists of animal, mineral materials and plant species. They are prescribed in the form of formulae - a combination of herbs - than individually. The combination of herbs enhances the medicinal effects. Unwanted side effects are also neutralized by combining different herbs. The formulae in a Chinese herbal medicine consist of herbs of principal, assisting and directional functions which are combined with herbs to reduce the side effects and induce the digestion of the principal herb.

Tang (decoctions of the boiled teas), San (milled powders), Pign (pills), Wan (tablets) are some of the methods of ingestion of the Chinese herbal medicines. Poultices, soaks, plasters, washes, ointments and fumigants contain the herb for an effective cure.

The legends of Chinese herbal medicines are its flavour and potent odors. To get its fullest experience, boil the herbs and drink the "tea". According to the combination of the formulae, the boiling time of herb will vary. While the roots of herbs take nearly 20 to 40 minutes of boiling to get its essence, other parts such as leaves and flowers yield medicines within ten to twenty minutes of boiling.

The pills were invented by the Chinese. As it is done today, the doctors of China were prescribing pills right from the twelfth century. The pills are prepared from herbs milled and bound with honey, juice of ginger and water or some other related herbal substance.

Extracting the constituents of the herbs can be achieved by using alcohol, glycerin, vinegar or water. They are easy to consume and prepare.

Extracts from herbs should be drunk at room temperature since liquids, which are cold, do not get digested easily. Slowly sip the hot liquid even though it tastes terrible. To overcome the aftertaste, put a drop of lemon juice on the tip of the tongue after swallowing the herbal extract. In order to obtain best results, consume the herbal extract on an empty stomach. Wait for 30 minutes after drinking a herbal extract to eat food or any other additional medicines.

Tinctures of Chinese herbal medicines should be diluted with water in small quantities so that the caustic effect of the solvent is reduced.

The four examinations involved prior to prescribing a suitable formula are listening, smelling, tasting, and touching. After these processes, the doctor will decide the best course of action to treat the malady suffered by the patient.

Anastasia Phocas is a proud contributing author. Find more articles at

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