

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

## Herbal Teas – Tasty Or Toxic?

By Doug Smith

Have you visited the tea section of your local grocery store lately? If so, you've seen the dizzying array of herbal tea blends, brands and flavors. There's no doubt that herbal teas are a huge commercial success, and they've been enjoyed for centuries. Many tea lovers buy them for their smell and taste. Others expect herbal teas to be a healthier alternative for other caffeine-containing beverages. Some buy them strictly for the medicinal benefits or effects on the packages.

These claimed medical effects can include calming, soothing, and relaxing. On the other hand, other high-caffeine tea blends may promise increased energy and concentration. Green tea remains a top-seller for its legendary health effects. Is there a dark side to the booming herbal tea business?

### Reading The Tea Leaves

In the U.S., the Food and Drug Administration (FDA) has the responsibility to evaluate foodstuffs and medications sold to the public. Herbal teas receive very little regulation. Generally, herbal teas fall into a gray area between foods and drugs. Traditionally, the FDA has considered herbal teas taken only for taste and aroma to be classified as foods. Another FDA "rule of thumb" has been that any herb that is safe for consumption in food is therefore assumed to be safe when taken as a tea. However, the FDA has been taking a closer look at herbal teas and their effects.

### Are Herbal Teas Toxic?

That's a difficult question to answer, as the FDA is learning. The large majority of commercial herbal tea blends contain multiple ingredients in relatively small concentrations. These teas are quite safe to drink when used according to the product instructions. Problems arise, however, when people prepare their own herbal teas, deliberately concentrate commercial blends, have an allergic reaction to the tea ingredients, or the tea is incompatible with prescription medications.

### What's The Problem?

## Herbal Teas – Tasty Or Toxic?

The problem is one of consumer awareness. Many plants and herbs used in teas have specific and measurable medical properties. Caffeine is one of the best examples. It is a naturally occurring ingredient in both tea and coffee plants. Problems are possible when uninformed persons attempt to medicate themselves with teas.

### Some Examples

\* Chamomile is reported by some to be both a relaxant and a digestive aid. The chamomile plant is a member of the same plant family as ragweed, asters and chrysanthemums. People allergic to those plants should be cautious of chamomile tea.

\* Comfrey tea has been associated with two reported cases of liver disease in the U.S. In one case, the patient abused the herb by drinking nearly a dozen cups of comfrey tea daily as well as consuming many comfrey pills. This extreme herbal dosage continued for over a year, resulting in the liver ailment.

\* Lobelia tea can cause vomiting, breathing problems, convulsions, and lead to coma and death when used in large amounts.

\* Aromatic sassafras tea in large amounts has caused cancer in lab rats. Oil of sassafras and safrole are the major chemical components of the sassafras oil. These components were banned from root beer decades ago. Although sassafras bark is banned from all food use, extract that contains no safrole is allowed.

### Should You Be Scared?

Commercial herbal tea vendors would never willingly endanger you, their customer. Commercially available herbal tea blends are expected to be very safe to drink when prepared according to their directions. Similar to drugs, problems with herbs arise when they are abused or taken in extreme concentrations.

These herbs, even those in commercial herbal teas, can have medicinal effects. Therefore you should always talk to your doctor before using herbal preparations, especially if you use prescription medication. Even if you are not on medication, stop any herb use immediately if you experience unusual symptoms. The symptoms may be an allergy to the herb, or something totally unrelated to the herb. Only your doctor can tell you for sure.

Copyright 2006 by Doug Smith, owner of the Super Home Remedies Website at

<http://www.superhomeremedies.com>

Discover free home remedies that show you how to use

mayonnaise, duct tape, yogurt, banana peels, soda, mouthwash, peroxide, thread and other common ingredients to cure common but embarrassing conditions.

## 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 palate of flavors.

Here are the most famous flower teas:

- 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.

## Herbal Teas – Tasty Or Toxic?

- 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.

Need to flush your system fast? Quick Detox can rid your body of all traces of toxins in as little as two hours! Visit

<http://www.peclear.com>

Active hyperlink must remain with this article.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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