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Monday, 10/22/07

Drink to health with these teas

Feeling blue or bloated? Instead of reaching into the [medicine cabinet](#), try herbal teas as a first line of defense for what ails you.

"People want to take control of their own [health](#), and they want to do something other than medicine," said Bonnie Taylor, owner of Loose Leaf Tea Bar.

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The Pam Tillis
CHRISTMAS DINNER PARTY

LOOK WHO'S SAVING
A SEAT JUST FOR YOU!

Herbs have been used for medicinal purposes for more than 5,000 years, said Kim Drake, owner of Tea Time Nashville.

And herbal teas are experiencing a renaissance with an assortment now available in fair trade and organic varieties, she said. "We're a society that is trying to get away from chemicals and quick fixes," Drake said.

Here are some of the best brews

proven to alleviate six common conditions.

— BONNA JOHNSON, STAFF WRITER

Bloated?

Drink peppermint or ginger tea. Research shows that these can help to relieve puffiness and settle stomach upset. One to two cups should have you feeling better.

Stressed?

Drink teas infused with [chamomile](#), lemon balm or lavender. Studies indicate that chamomile and lavender can relieve anxiety; lemon balm helps you relax. Drink one to two cups to help calm nerves.

Crampy and cranky?

Drink teas with raspberry leaf, nettle, lemon balm and spearmint to help soothe menstrual cramps and irritability. Sip one to two cups every day starting a week before your period, and continue until it's over.

Low energy?

Drink teas with yerba mate, nettle and alfalfa leaves. The Argentinian yerba mate fights fatigue and stimulates mental alertness, while nettle builds energy and

At top is a green rooibos called Key Largo; in the middle, a white tea with baby rose buds, peppermint and lavender, to ease your stress or bloated feeling; and below, brewed up is a cup of tea with peppermint and chamomile. (BILLY KINGSLEY / THE TENNESSEAN)

[enlarge](#)

PLACES TO FIND TEA IN NASHVILLE

- Loose Leaf Tea Bar: 223 Donelson Pike, 889-0044. Open 10 a.m.-7 p.m. Monday-Thursday and 10 a.m.-4 p.m. Friday-Saturday, www.teafortwoandmore.com
- Tea Time Nashville: 2814 12th Ave. S. (in the Paris Building), 497-7292. Open 10 a.m.-5 p.m. Tuesday-Saturday, www.teatimenashville.com
- Savannah Tea Co.: 2206 Eighth Ave. S., 383-1832. Open 10 a.m.-5 p.m. Monday-Saturday, www.savannahteachcompany.com

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10/24/2007

alfalfa leaf gives you staying power.

Getting a cold?

Drink teas infused with catnip, ginkgo, green tea and honey bush. Catnip can dry up postnasal drip, while ginkgo has antioxidant properties.

Irritable? Blue? Headache?

Drink roibos, a natural caffeine-free and calorie-free herbal beverage.

— *FITNESS MAGAZINE*; BONNIE TAYLOR, OWNER OF LOOSE LEAF TEA BAR



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