

Thyme For Me/January

Aroma Therapies Spa/814-443-1217

Kathy's Blog-

Prickly Ash Bark is a small tree that is native to North America. It grows in woods, thickets and on riverbanks. The small flowers appear before the leaves in April and May. Prickly Ash will help in removing any obstructions throughout the body and it is very often blended with Cayenne to make a potent stimulating formula. It can be mixed in equal parts for a very effective herbal to stimulate cold hands and feet due to sluggish circulation or also if a person has the chills. Prickly Ash is known to be an effective helper in treating rheumatism and arthritic conditions. This herb will bring on a sweat to break fevers. It is added to heart tonics, stomach tonics and is used in the blends to treat asthma. One of its common names is (Toothache Tree); it is suggested chewing on the bark will give relief from toothaches, or sores in the mouth.

Peppermint is one of the most widely grown herbs in the world. Tons of peppermint, distilled into oil, finds its way into toothpaste, soap, bath oil, candies, syrups, gums and many medicinal preparations.

The Chinese people very often drink hot peppermint tea in the summer. This aids the digestion, and brings more blood to the skin, where evaporation whisks away the heat. Thus one feels refreshed after a 'hot' cup of tea on a hot day. The mints should never be boiled. Always pour water over them and let them steep. Otherwise the valuable volatile oil will be steamed off.

I love peppermint as a sun tea. We drink it quite regularly all summer long.



Spearmint is not as strong as peppermint and is often given in tea form to children and aging convalescing people. It can be used when there is gas or upset stomach present. It has a very calming effect on the stomach and if you or someone is going through a particularly upsetting time, spearmint tea would be the ticket. It can be taken daily as a tea up to four times a day.

I wish you and your family a Happy, Healthy, and Blessed New Year!

"The man who built that manger had one purpose in mind...
God had another.
You'll never know how far-reaching God's plan is for your work."

Mark Hart

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