



Teas for Health Guide by Shirley Dawson A Passion For Tea

A Simple Way to Choose the Right Tea for Your Day

A Gentle Note

Tea has been enjoyed for centuries not just for its flavor, but for its comforting and supportive qualities. While tea isn't a cure, many varieties may help support overall well-being in simple, natural ways.

Think of this guide as a helpful starting point as you explore what works best for you.

Everyday Wellness Teas

Green Tea

Known for its antioxidants, green tea may help support metabolism, heart health, and overall wellness.
✓ Best for: Daily sipping, gentle energy, overall health support

Black Tea

A classic tea that may support heart health and provide a steady energy boost.
✓ Best for: Morning routines, focus, and energy

Teas for Relaxation & Stress

Chamomile Tea

A calming favorite that may help with relaxation and sleep.
✓ Best for: Evening wind-down, better sleep

Peppermint Tea

Refreshing and soothing, often used to ease tension and digestion.
✓ Best for: Relaxing after meals, calming the body

Lavender Tea

Light and floral, known for its calming properties.
✓ Best for: Stress relief, peaceful moments

Teas for Digestion

Ginger Tea

A warming tea that may help with digestion and nausea.
✓ Best for: After meals, upset stomach

Fennel Tea

Often used to support digestion and reduce bloating.
✓ Best for: Gentle digestive support

Teas for Immune Support

Lemon + Honey Tea

Simple and comforting, often used when feeling under the weather.
✓ Best for: Soothing throat, seasonal support

Hibiscus Tea

Rich in antioxidants and may support heart health.
✓ Best for: Refreshing immune support

Teas for Balance & Daily Support

Rooibos Tea

Naturally caffeine-free and rich in antioxidants.
✓ Best for: Evening sipping, overall balance

White Tea

Delicate and lightly processed, high in antioxidants.
✓ Best for: Gentle daily wellness

How to Choose Your Tea

Ask yourself:

- ✓ Do I want energy or relaxation?
- ✓ Am I drinking this in the morning or evening?
- ✓ What does my body need right now?

Sometimes the "right" tea is simply the one that feels comforting in the moment.

A Quick Reminder

If you have health conditions or take medications, it's always wise to check with your healthcare provider before adding new herbal teas regularly.

Final Thought

Tea is more than a drink—it's a small act of care. Whether you're sipping for health, comfort, or simply a quiet moment, each cup is a chance to slow down and take care of yourself.