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Herbal Tea: Remedies From Your Garden: How to cure Illness, Detoxify, Cleanse, achieve overall Well-being (Green tea, Detoxification, Herbal teas, Black ... Teas from the Garden, Weight loss, Energy)

Rosemary Philipps

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The key things which you will learn from this book:

* An overview of some of the top herbal teas which are used by people for deriving different types of medical benefits.

* Detailed benefits which the different herbal teas are going to offer (Which tea cures which disease/ malfunction.

* The ways of cultivating herbs in your own backyard so that you will be able to have a beautiful tea garden of your own.

This book has been compiled after taking into consideration the popular herbs and the various uses they have to offer. Some of the teas discussed in the book are:

- Green tea
- Black tea
- Oolong tea
- Hibiscus tea

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