

General Tonic Herb Tea Blend

*Naturally caffeine free!
Hand mixed and packaged
at Sonnewald Natural Foods.*

Ingredients

Red clover, comfrey, mugwort, motherwort,
peppermint, chapparal and gotu kola.

Directions

Pour 1 quart of boiling water over
2 tablespoons of the herb tea blend.
Steep for 20 minutes.

Benefits reported by our customers:

- ♥ Relieves cold and flu symptoms
- ♥ Builds immune system
- ♥ Lowers blood sugar
- ♥ Alleviates joint pain
- ♥ Purifies blood
- ♥ Cleanses the liver
- ♥ Fights cancer
- ♥ Supports kidney function

Glass or ceramic container is best. No aluminum, please. Strain and drink the tea either hot or cold. For best results, drink 1 quart daily for at least 14 days. Evelyn Snook recommended this blend to treat cancer, diabetes, arthritis and whenever a blood purifier or immune builder is desired.

What is a tonic?

“Tonics permanently increase tone throughout the entire system and give increased vigor, energy, and strength, stimulating assimilation of nutrients.”

Christopher, Dr. John A. (1996) *School of Natural Healing*

Historical Background

The formula was developed by herbalist Evelyn Snook (1910 – 1996), who was introduced to Sonnewald’s founder Grace Lefever by naturalist Euell Gibbons. Evelyn received a diagnosis of cancer twice during her life. The first occurrence was when she was only 7 years old. As a young woman, married with two small children, she received a diagnosis of colon cancer and was told she had just two weeks to live. After surgeries, she could not digest food and lived on juices and herbal rectal implants. Eighteen months later she had reconstructive surgery which allowed her to eat again. At one point she was paralyzed as a result of back surgery and told she would never walk again, but Evelyn was determined to get well. She wrapped herself in comfrey poultices and once again recovered.

Evelyn read and studied everything she could about natural healing and learned to use many herbs and plants. She taught classes and people came to her for guidance. She helped many regain their health using simple inexpensive remedies such as raw juice fasting, colonics, poultices, castor oil packs, implants, herbal teas and exercise. In her later years, she often out-walked and out-climbed her students during field studies. She even had a roller skating party for her 70th birthday!

In 1996, the book, "Evelyn’s Way," was published by longtime friend and student, Jennifer Tucker.

“Good Health Comes From the Farm, Not the Pharmacy!”

SONNEWALD
Natural Foods

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(717) 225-3825 ♥ www.sonnewald.org ♥ Hours: T-W-Th 10-6; F 10-9; Sat 8-5 ♥ Form # 201A

Red Clover

- Purifies the blood
- Calms the nerves
- Helps remove uric acid buildup
- Acts as a natural mood enhancer
- Has a high vitamin and mineral content (including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamin, molybdenum and vitamin C)
- Note: Do not use for leukemia

Motherwort

- Strengthens the heart
- Eases symptoms of stress and anxiety
- Lowers high blood pressure
- Helps with hyperthyroidism
- Eases symptoms of menopause and PMS
- Note: Should be avoided during pregnancy

Comfrey

- Eases symptoms of colitis
- Stimulates new cell growth, which promotes more rapid healing
- Decreases inflammation
- Promotes healthy skin and strong bones
- Lowers blood sugar
- Can be used as a compress for wounds and broken bones
- Contains calcium, phosphorus, potassium, vitamin A, vitamin C and vitamin B12

Peppermint

- Reduces gas and bloating after a meal
- Aids in healthy digestion
- Increases oxygen supply to the blood
- Contains trace minerals and omega-3s

Mugwort

- Strengthens the liver and gall bladder
- Fights bad breath
- Eases nervousness and insomnia
- Calms motion sickness
- Has antiseptic qualities and is capable of expelling worms or other parasites
- Effective as an antidote for many poisonous mushrooms
- Useful for indigestion and constipation
- Stimulates the uterus, easing menstrual cramps
- Note: Should be avoided during pregnancy

Chapparal

- Acts as a natural antibiotic
- Fights free radicals in the body, making it a strong antioxidant and powerful anti-tumor agent
- Cleanses the lymph system and kidneys
- Works as a natural pain killer
- Reduces inflammation of the intestinal and respiratory tracts
- Contains molybdenum, selenium, sulfur and zinc

Gotu Kola

- Cleanses the blood
- Increases circulation to the brain, easing anxiety and improving memory
- Balances hormones
- Increases energy

References:

Duke, Dr. James A. (1998) *The Green Pharmacy*; Ritchason, Jack N.D. (1995) *The Little Herb Encyclopedia*; Michael Tierra (1998) *The Way of Herbs*