

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## *Stress Reducing Herbal Tea*

1 ounce basil leaves  
2 ounces lemon balm leaves  
2 ounces chamomile leaves  
1/2 ounce lavender leaves  
2 cups water

Bring the water to a boil. Add fresh herbs to a teapot and cover with water. Steep, covered for 10 to 15 minutes.

Relax, unwind and enjoy!

Serves 2.



Recipe + photo courtesy of Herbalist, April Cockshutt  
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Episode #19: Herbalist April Cockshutt talks about Delicious Herbal Health

Email Lynn with questions or comments at  
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**Because What You Eat Matters!**