

Constipation (Hardlywigheid) Tea 160g

A natural laxative, aiding in regular bowel movements

Depression (Depressie) Tea 160g

A herbal tea aiding in increasing chemicals in the brain such as serotonin. Increased levels of these chemicals lift and regulates moods

Diabetes (Suikersiekte) Tea 160g

Discover the power of Stinging Nettle in lowering of blood sugar levels. A top seller.

Diarrhoea (Losmaag) Tea 160g

Tired of facing the water closet? Try this bitter herb tea for

instant relief of cramps, loose bowel movements and less trips to you know where.

Eczema (Ekseem) Tea 160g

A combination of wild herbs used since time immemorial in healing of the skin. This herbal mixture is used in bath water. Properties of the herbs are absorbed by the skin.

Emphysema (Emfiseem) Tea 160g

For those suffering from a persistent cough, shortness of breath, fatigue and lots of mucus. This herbal tea aids in the general symptoms of emphysema and can also be used in conjunction with our Ashtma mixture.

Epilepsy (Epilepsie) Tea 160g

Long used for insomnia, our wild mint tea (*Mentha Longifolia*), is also classified as an anticonvulsant which eases epileptic seizures over time.

Fertility (Vrugbaarheid) Tea

160g

A herbal tea aiding with balancing hormone levels in both male and female, thus enhancing fertility levels in both partners.

Flatulence (Winderigheid) Tea

160g

A mixture of herbal seeds, promoting good gut health, with the benefits of reducing bloating.

Forgotten Faces

A pictorial miscellany of Montagu

Gall (Gal) Tea 160g

A herbal tea stimulating the flow of bile from the liver, thus aiding in the elimination of dangerous toxins. Can be used to detoxify.

Goiter – Thyroid (Skildklier) Tea 160g

This tea contains herbs that aid in stabilizing the hormones, lowering stress hormones and balancing T4 levels.

Gout (Jig) Tea 160g

This mixture contains herbs that aid in breaking down uric acid crystals which cause gout. This mixture can be taken for gout in feet, ankles, knees and wrists.

Haemorrhoids (Piles / Aambeie) Tea 160g

This herbal tea gives your gut a much needed boost. A healthy gut means hemorrhoids have less chance of forming.

Hayfever (Hooikoors) Tea 160g

Your body needs a good dose of antihistamines to ward off hayfever symptoms . The antihistamines fight blocked noses, red and swollen eyes and sneezing. Start using a month before South African hayfever starts in August in order to experience its benefits.

Heart Complaints (Hartkwale) Tea 160g

Suffering from chest pains, heart palpitations, fatigue...symptoms relating to a heart condition? This herbal tea, like green tea, is a fantastic antioxidant which protects cells.