

## **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.

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## **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.

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## **Heartburn (Sooibrand) Tea 160g**

A herbal mixture that soothes the digestive tract, and aids in the irritating effect of stomach acid.

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## **High Blood (Hoe Bloeddruk) Tea 160g**

Keeps the blood flowing through healthy veins. This herbal mixture contains Thyme which for years has been used for opening of arteries and increasing blood circulation.

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## **Hot Flush Menopause (Warmgloede) Tea 160g**

This herbal tea brings definite results. A mixture of indigenous herbs only, helps with hot flushes and is great for nightsweats. Some women also experience its mood enhancing effects.

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## **Impotence (Impotensie) Tea 160g**

Relax. Why not try the natural way to fire up the system. It improves blood flow and acts on cells to improve erection.

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# **Indigestion (Slegte Spysvertering) Tea 160g**

Calm uneasiness of the stomach with this herbal mixture. These herbs have an antispasmodic effect on the tummy and will also help ease nausea associated with indigestion

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# **Infections (Infeksie) Tea 160g**

A herbal tea mixture consisting of plants with antibiotic properties. This tea can be taken in the fight against any type of infection. Let the body be ready for the fight against bacteria.

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# **Insomnia (Slaaploosheid) Tea 160g**

A herbal tea taken an hour before bedtime. Contains *Chironia baccifera* known to induce sleep. This herbal tea brings calmness, ensuring a good night's rest.

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# **Kidney Ailments (Nierkwale) Tea 160g**

Call this herbal tea mixture the ultimate kidney detox. For any kidney related ailments, drink up. Boosts the kidneys to work at their optimum.

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# **Kogmanskloof Odyssee**

By Emile Badenhorst

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# **Liver Ailments (Lewerkwale) Tea 160g**

A herbal tea blended with Stinging Nettle. Experience the positive effect of this tea on the liver and bile, whilst also getting your fix of iron.

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# **Lung Ailments (Longkwale) Tea**

## **160g**

A herbal tea aiding in clearing of bronchial tubes and opening of lung arteries. It helps clear the build up of fluid in lungs, thus making breathing easier. A good tea for smokers, bronchitis and pneumonia sufferers.

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## **Migraine Tea 160g**

Suffering from headaches that threaten to ruin your whole day? This herbal tea mixture should be part of your daily routine in the combat to fight the debilitating symptoms of a migraine. The mixture contains herbs with pain-alleviating properties. It soothes and relaxes, making it a must for people constantly suffering with migraines.

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## **Montagu Stories Book no.1**

Montagu Stories is extending the availability of this historical material to a new and even larger digital audience. The Montagu Stories available on the website will now also be printed in book form and be available to purchase online or at the two Museums.

The books available will be updated regularly – happy reading! This book is a reprint of the original.

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# **MONTAGU STORIES BOOK NO.2**

Montagu Stories is extending the availability of this historical material to a new and even larger digital audience. The Montagu Stories 2 have been printed and are available for purchase on the website or at the two Museums.