

Prostate (Prostaat) Tea 160g

A herbal tea mixture that aids in good prostate health. Our prostate tea is recommended for men suffering from prostatitis, as it contains herbs with anti-inflammatory properties and eases symptoms like painful urination.

Shingles (Gordelroos) Tea 160g

A carefully prepared herbal mixture consisting of plants known for their anti-viral properties. This tea cleanses from within, relieving the itch and burn associated with shingles.

Sinus Tea 160g

Say goodbye to blocked and irritated sinuses. This tea naturally clears the nasal passages, where the build-up of germs and impurities cause inflammation of the sinus tissue linings. Keep sinuses healthy and filled with air the natural way.

Slimming (Verslanking) Tea

160g

Drink this tea in conjunction with a healthy lifestyle as it accelerates metabolism for a quicker fat burn. Lose weight with the added benefit of the herbs promoting perspiration, acting as a diuretic, boosting the digestive system and reducing bloatedness.

Spastic Colon (Spastiese Dikderm) Tea

160g

For those that have been diagnosed with irritable bowel syndrome. This herbal mixture is made of a blend of herbs that alleviates indigestion, aids in the treatment of internal cancer and which is issued as an anti-inflammatory. This blend promotes overall good gut health.

Stamina Tonic (Opbouing) Tea

160g

Feeling sluggish, overwhelmed and tired all the time? How about a herbal tea that boosts your daily physical and mental output. Effects of this tea can be felt in the first four days of drinking. Can be used for 2 months, but it is advised to

have a month break before being used again.

Stomach (Maagkwale) Tea 160g **Complaints**

A general herbal tea for balanced gut health. It also works well for symptoms of heartburn and indigestion.

Stress (Spanning) Tea 160g

Do you want to combat stress the natural and lasting way? Try a herbal tea which consists of ingredients used for centuries to bring about calmness, which in turns helps with insomnia, restlessness and muscle tension. Because your mind and body deserve it.

Stroke (Beroerte) Tea 160g

For those who have a family history of strokes, suffer from high blood pressure and have unhealthy high cholestrol levels. This mixture aids with lowering blood pressure and cholestrol and promotes circulation of blood to the brain. Packed with antioxidants, regeneration of damaged cells is promoted.

The Landscape And Architecture Of Montagu 1850- 1915

By Derek Japha and Vivienne Japha

Traditional Herbal Remedies

A book about traditional herbal remedies, the illnesses for which they are intended, and instructions for their use.

Traditionele Kruierate

'n Boek oor tradisionele kruierate, die kwale waarvoor hulle bedoel is en aanwysings vir hulle gebruik.

Ulcer (Maagsuur) Tea 160g

The dreaded stomach ulcer. Before meals have a sip of this

unique herbal tea which alleviates pain associated from ulcers, but most important, it protects the stomach and intestinal lining, further warding off bacteria that cause ulcers.

Water Retention (Ontwatering) Tea 160g

Combat the build up of excessive fluids in your body with this herbal tea. A blend of herbs that are diuretics, and herbs that contain magnesium, which reduces water retention, makes up this herbal mixture.

Whooping Cough (Kinkhoes) Tea 160g

This herbal tea acts as an immune booster to ward of colds and flu and all associated symptoms. Some of the herbs are natural expectorants, aiding with symptoms like sore throat and also clearing mucus off the chest. This tea should not be given to pregnant women or children.

Women's Ailments (Vrouekwale) Tea 160g

Promote optimum hormonal balance with this herbal tea. For the younger women that want to combat the symptoms of PMS, this tea is super beneficial, as the power of Sage, the main ingredient, boosts brain health, bone health and eases menstrual cramps.