

Aztec Herbals transforms ten centuries of lost knowledge into single-herb teas that deliver the full power of nature to you.

In this episode we will be exploring five teas that are useful when you are experiencing discomfort caused by any kind of stress. Do you know how to describe the kind of stress you are experiencing? Aztec natural medicine considers your personal circumstances to identify the right remedy for you.

The ancient Aztecs chose from over 600 local plants. And with hundreds of years of experience, their herbal medicine became very powerful and sophisticated. Interestingly, the Aztecs did not label diseases with names. Instead, they described their exact sensations. To an Aztec healer, a headache was never just a headache. Was it an icy, sharp pain in the side of the head? Or maybe a steady pain in the back of the head? Asking the right question allows you to select the most effective remedy.

These five single-herb teas address issues caused by mental and emotional stress. Start by asking yourself about the source of your stress. Think about your physical reaction to stress. Do you feel it in your head, your neck, your heart, your stomach? Let's review five cases. Which of these sounds most like your experience of stress?

#### CALM RAIN:

Calm Rain can be described as a tea with a restful heart. It is a gentle way to soothe mental irritation. Are you experiencing cares that make your chest tight? Thoughts that stir up an emotional response? As you drink this tea you will feel irritation dissolve as though washed away by a calm rain. If you look forward to being pampered, perhaps with a visit to a spa, Calm Rain might be the tea you are looking for.

*To prepare Calm Rain, add 16 oz. boiling water to 1 Tablespoon whole blossoms. Steep 7 to 8 minutes. Drink as needed cold or hot. Store blossoms away from light and heat in a sealed container.*

#### CLEAN UP:

Clean Up can be used to clear what troubles your head or your tummy. Does your stress result in a nervous stomach? Does it make you feel like you are losing control? Clean Up tea gives you help sorting yourself out. If you're wishing you had something or someone who could make it all better, this tea could be your clean up crew.

*To prepare Clean Up, add 1 teaspoon per 8 oz. boiling water. Remove from heat and steep 15 minutes. Drink 8 oz. up to 3x/day. Sweeten to taste.*

#### COOL COURAGE:

Cool Courage works wonders for people who are restless. Are you always afraid you are forgetting something? Are you unable to get rest because you are tossing and turning? If you work-out to exhaust the worry from your head, Cool Courage will help you press forward and squeeze those troubles right out your pores in a healing cold sweat.

*To prepare Cool Courage, add 2 teaspoons per 8 oz. water. Bring water to 200°F and add herb, then steep completely covered 15 minutes. Do not boil. Drink 8 oz. 1 to 3x/day.*

### SOVEREIGN POWER:

Sovereign Power contains a whole kingdom of health benefits. Are other people frustrating you? Does it feel like no one is listening? Does your stress come out as physical tension? Maybe even a telltale twitch... If a whirlwind cleaning spree calms you down, Sovereign Power is a restorative that convinces your body to purge itself of the ugly reactions to any useless and irritating peons in your realm.

*To prepare Sovereign Power, add 2 Tablespoons per 8 oz boiling water. Remove from heat, stir, cover, and steep 40 minutes. Reheat 6 oz to lukewarm and drink 2x/day between meals.*

### TRANQUIL PERSON:

Tranquil Person is a tea that's lost its worries. This tea will not make you drowsy or forgetful as it soothes the fire in your neck. It is used quite differently than familiar herbs like chamomile and kava kava. It does not make you feel numb, rather it changes the intensity level from nails on a chalkboard to just shuffling feet. Do you find your shoulders creeping up towards your ears? Does stress cause your neck or face muscles to tighten? If you're rubbing your neck and shoulders for relief, this tea will ensure you're the tranquil person you'd like to be.

*To prepare Tranquil Person, add 1 Tablespoon of blossoms per 16 oz water. Bring water to 190°F and add blossoms, then steep 5 minutes. Do not boil. Drink hot as needed.*

A transcript of this video is available on our web site [AztecHerbals.com](http://AztecHerbals.com) under the identify-tea section, where you can also watch individual clips on the preparation of each tea

You are invited to try these teas for yourself, and we encourage you to share this valuable resource with any of your friends whom you know would benefit.

This ancient knowledge from the end of the Aztec empire was rediscovered, against all odds, in two single texts hidden in the Vatican library. These Spanish and Latin manuscripts helped to recognize the origins of the undocumented herbal traditions kept alive by the curanderos among the modern Central American people. Cross-referencing contemporary manuscripts, we've been able to identify many of the useful herbs from Aztec Medicine and have assembled an initial collection that will benefit many people.

The modern rediscovery of this long lost treasure of the Americas means you have a much easier time finding the herbs you need, and can set aside the struggle to translate Chinese names of foreign plants. Aztec Herbals deliver the full power of nature, in a language you can understand.

If this video has helped you to discover a tea that feels right, please visit [AztecHerbals.com](http://AztecHerbals.com) to order today. If you're still searching for another tea or need additional information, please contact us through the [AztecHerbals.com](http://AztecHerbals.com) web site and allow us to help you. We have access to over 500 medicinal herbs and can assist you in focusing your selection. Look for additional videos like this one to watch and share at our web site [AztecHerbals.com](http://AztecHerbals.com). Thank you.