

Printable Herbal Tea Guide

HERBAL TEAS **FOR BETTER** *Sleep*



Chamomile

Classic calming tea that reduces stress and inflammation



Lemon Balm

Eases anxiety and promotes relaxation



Passionflower

Reduces racing thoughts and supports GABA



Valerian Root

Deeper sedative effect (use sparingly)



Lavender Tea

Gentle stress relief and relaxation

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