
ARE HERBS SAFE FOR CHILDREN?

Many herb teas are perfectly safe for children. Chamomile, peppermint and lemon balm are very safe for children to drink. It's best to make a weaker infusion for younger children. That means using less of the herb per cup of tea than for an adult. Steeping time is the same.

About Cindy

Cindy Meredith's knowledge of the uses of herbs comes from years of growing and studying herbs. While not a clinical herbalist, Cindy understands the value and function of herbs for topical, cosmetic uses as well as the internal benefits of many herbs.

Cindy Meredith owns and operates The Herb Cottage out in the countryside near Schulenburg. She carries the largest selection of herb plants found locally. She offers the best growing advice so you can learn to grow herbs successfully.



WHAT DO I DO WITH THESE DRIED HERBS?

Dried herbs are used to make tea, tinctures, herbal infused oil, herbal vinegar and other herbal preparations.

The dried form of the herb contains the same constituents as the fresh cut herb. It has simply been dried to preserve it for later use.

Live Well With Herbs

The Herb Cottage

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ARE HERBS SAFE?

The herbs I use at The Cottage Herbal Apothecary have a long history of usefulness, safety and use in herbalism.

The occasional use of herbs in tea or to flavor food is perfectly safe for most people. Herbs add flavor and depth to recipes without added fat or salt. They are considered healthy and we are encouraged to use them liberally in our food and beverages.

As with any new food or medicine, it is a good idea to take just a little and see if you have a reaction. If you are taking pharmaceuticals, talking to your doctor or pharmacist is always a good idea before using any herb on a regular basis.

As with any plant or food, there are people who have negative reactions to herbs. For most people, using any of our herbs for tea or other herbal preparations is safe and pleasant.

WHAT ARE 'MEDICINAL' HERBS?

Herbs are considered 'medicinal' when used in therapeutic amounts to effect some reaction within the body. The desired reaction can be to cure a condition, to prevent a condition from occurring or to simply improve the body's overall health.

By following guidelines that have been honed over the centuries, people have learned which herbs seem to affect different parts of the body. Some herb teas are taken to help with a sore throat. Some herb teas will help you relax so you can more easily fall asleep. Some herb teas will strengthen your immune system so you may be less susceptible to colds, flu or other illnesses.

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HOW DO I TAKE HERBS?

The easiest, most convenient and one of the most effective ways for herbal goodness to enter your body is in a tea. Tea is easy to make, does not take specialized equipment and the body easily takes in the herbal properties contained in the tea.

Taking herbs, however, is not exactly the same as switching out a pill for a cup of tea. Herbs act with the components of the body to ease or relieve a symptom of 'disease'. The results are slower acting, more gentle to the body. Make no mistake, though, herbs are powerful medicine and should be respected as such.

Taking a cup of herb tea now and then is a practice anyone can enjoy and is not considered 'medicinal'. Taking a strong infusion several times a day over the course of several days is considered a medicinal use for the herb.

The study of herbs is a life long endeavor, but there is no reason anyone cannot learn to enjoy a cup of tea for the benefit of the body and soil