



Dr. Reeta's Sleep & Calm Tea

(Based on a medieval formulation discovered
on a trip to Toulouse, France)

1 Tablespoon dried Chamomile
¼ teaspoon dried culinary Lavender
¼ teaspoon dried Valerian leaf

Steep in 6oz hot water (boil and allow the water to sit for 1 minute
before pouring onto herbs)

Steep for 2 minutes and drink. Add a little honey if you'd like.

The herbs may be ordered from:
Mountain Rose herbs <https://mountainroseherbs.com>