

Fennel Tea

Ingredients

- 1 teaspoon fennel seeds (lightly crushed)
- 1 cup hot water
- Optional: honey for sweetness

Instructions

1. Lightly crush fennel seeds to release oils.
2. Add to a teapot or mug.
3. Pour boiling water over seeds.
4. Cover and steep 8–10 minutes.
5. Strain and serve.

Benefits

- Aids digestion and relieves bloating/gas.
- May help balance hormones naturally.
- Provides antioxidants that support liver health.

Warnings

- Not recommended in very large doses (acts like mild estrogen).
- Pregnant women should consult their doctor first.

- People with blood pressure issues or on medications should ask their healthcare provider.
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