

Tea for Circulation & Spine Support (Hawthorn + Ginkgo Tea)

Ingredients

- 1 teaspoon dried hawthorn berries
- 1 teaspoon dried ginkgo biloba leaves
- ½ teaspoon dried rosemary
- 1½ cups boiling water

Instructions

1. Crush hawthorn berries lightly with a spoon to release flavor.
2. Add hawthorn, ginkgo, and rosemary to a teapot.
3. Pour in hot water and steep for 12 minutes.
4. Strain and serve warm.

Benefits

- Hawthorn strengthens blood vessels and supports heart health.
- Ginkgo improves blood flow, helping circulation to the spine and extremities.
- Rosemary supports nerve function and relieves stiffness.

