

Tea for Muscle Cramps (Chamomile + Cramp Bark Tea)

Ingredients

- 1 teaspoon dried chamomile flowers
- 1 teaspoon dried cramp bark (bark pieces)
- 1 teaspoon dried lemon balm (optional, for relaxation)
- 1½ cups hot water
- 1 teaspoon honey (optional)

Instructions

1. Bring water to a boil, then let it cool for 1 minute (ideal temperature: about 95°C / 200°F).
2. Place chamomile, cramp bark, and lemon balm in a teapot or heat-proof mug.
3. Pour the hot water over the herbs, cover, and let steep for 10 minutes.
4. Strain the tea into a cup.
5. Sweeten with honey if desired.

Benefits

- Chamomile relaxes muscle tension.

- Cramp bark is traditionally used to ease spasms and menstrual cramps.
- Lemon balm calms the nervous system and promotes relaxation.