

## Helichrysum tea



*100% natural and organic Italian product*

**Ingredients:** Organic *Helichrysum Italicum* flowers

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 15 g

**Features:** very intense aromatic smell that reminds us of licorice. Helichrysum is a plant known since ancient times and used mainly for its anti-inflammatory and antihistamine properties.

**Benefits and uses:** it is used for internal use as an infusion in order to calm excessive cough (pertussis), support the removal of bronchial catarrh, stop asthmatic spasms and soothe allergic irritation of the mucous membranes.

It is anti-bacterial, anti-inflammatory, antifungal and decongestant.

Helichrysum is a natural antihistamine useful to alleviate allergic reactions. It is necessary to drink at least two cups a day and begin at least two weeks before the allergy season so that the tea can be effective.

Helichrysum tea / infusion and dye are also used to treat eczema, dermatitis, psoriasis, sunburn, phlebitis, edema, wounds, scars, sores, hemorrhoids.

It is helpful in fighting neuralgia, neuritis, arthritis, polyarthritis, osteoarthritis, liver failure and congestion, cholecystitis, pancreatic disorders.

You can make compresses in case of irritated and inflamed skin, chilblains, hemorrhoids as they are useful to reactivate blood circulation. Therefore they are very effective in case of cold hands and feet.

About the use of helichrysum in cuisines its leaves provide a soft curry flavor.