This is our version of a very old western herbal formula for colds and influenza. It’s effective for relieving general discomfort, but gentle enough for most people and even children. Both elderflowers and yarrow are relaxing diaphoretics, making this blend especially well-suited to people with fevers who feel hot and restless. For best results, sip this warm tea frequently over the course of an hour or so, rather than all at once. Putting it in a small thermos will keep it warm.

Peppermint (*Mentha x piperita*), spearmint (*Mentha spicata*), lemon balm (*Melissa officinalis*), or even bee balm (*Monarda fistulosa* or *M. punctata*) are wonderful mint family members to use in this blend. This is a strong-tasting tea. If you have a sensitive palate, you might want to start with less yarrow or steep it for less time.

### What you’ll need...
- 1/4 cup dried yarrow leaves and flowers
- 1/4 cup dried elderflowers
- 2 tablespoons dried rose hips, cut and sifted, or 1/4 cup dried whole rose hips
- Big pinch of dried mint, any type
- 2 cups water
- Honey, to taste (optional)

### Directions

1. **Place all of the herbs in a pint jar.**

2. **Bring 2 cups of water to a boil.** Pour the water over the herbs, cover, and let steep for 30 minutes.

3. **Strain.** Add honey to taste, if desired. Sip while warm.

**Yield:** 2 cups