Create New Herbal Teas with Mix-and-Match Infusions by Kenneth Brailsford

The president and founder of [Zija International](http://www.drinklifein.com/%E2%80%8E), a nutritional supplement maker, Kenneth Brailsford is a longtime advocate of medicinal herbs. Kenneth Brailsford is familiar with the practice of making teas from dried herbs to achieve a timed release.

Many dried herbs, such as seeds or berries, are sold by the pound. These substances generally retain their potency for up to one year. Using a tea strainer, tea ball, or a cone of cheesecloth, you can soak them in water for a healthful tea. This is called infusion or decoction. Many users mix their herbs together to create new flavors. To speed your body’s absorption of herbs, add peppermint and ginger to your infusion.

When boiling water for an infusion, be sure to cut off the heat when boiling starts, as strong boiling generally erodes herbs’ efficacy. Cover the saucepan and let the tea sit for 10 minutes. One or two tablespoons of material in four cups of water usually makes a good infusion, but the desired concentration depends on the herb.

Regardless of what you prepare, drink it several times a day to bring the best results. Take the first dose warm, and then refrigerate any leftover liquids for a refreshing treat.