

Hops Herbal Tea Recipe

Hops can be made into a strong infusion or a tea; however the most benefit is from the strong hops tea, steep it as long as 4 hours or more. This can be prepared by placing 1 ounce dried hops herb in a 1 quart jar and fill with boiling water. Cover the jar and allow the herb to steep for at least 4 hours and at most overnight. After straining the infusion can be refrigerated for up to 48 hours, the infusion can be drunk hot or cold. Hops tea is prepared the same way only the steeping time is reduced to 10 – 20 minutes and the tea is milder flavored as well as less effective.

- Encouraging a good night's sleep. The tea or tincture can be taken just before bedtime. Dried hops can also be made into a herbal pillow to induce a restful sleep.

Hops Sleepy Pillow: Use a muslin tea bag or nylon. Fill with hops and place under or inside your regular pillow case. Narrow pillows can be held over the eyes to induce sleep. You can add fragrant sleep inducing herbs such as chamomile, valerian, skullcap or lavender. Some people like to add mugwort. Mugwort is known for inducing beautiful dreams.

- Its calming effects are useful for those who suffer from stress and anxiety.
- It is useful for digestive disorders which are aggravated by stress.
- It is also an effective anti-spasmodic, which makes it a useful treatment for conditions such as irritable bowel syndrome.
- It is effective on infections, as it has anti-bacterial properties and can be used to ease the pain of infections in the bladder and urinary tract.
- Hops contains plant estrogens, which makes a hops supplement beneficial for those going through the menopause and can help with menstrual problems.
- Hops can stimulate the digestive system and is useful for treating indigestion and encouraging the production of stomach acid.
- The cooled hops tea can be used as a compress externally on wounds and areas afflicted with arthritis to ease the pain.
- Hops can help to detoxify the system by encouraging the body to eliminate waste products.
- It can encourage milk production in breastfeeding mothers.

Hops Tea Side Effects: Hops should be used with caution if currently taking anti anxiety pills or antidepressants. Serious side effects are rare, though some people have reported a skin rash. Hops supplements are considered to be generally safe to use, though if in any doubt consult a qualified practitioner.