



Welcome to the Hippopot News

January 2019

History of Herbal Medicine - Did you know.....

The role of Herbal Medicine in Self Care

The NHS is keen to promote self-care as the best choice to treat very minor illnesses and injuries. It basically means looking after yourself in a healthy way.

Self care includes actions you take every day in order to stay fit and maintain good physical and mental health, meet your social and psychological needs, prevent and treat illness, and care more effectively for minor ailments.

Daily incorporation of herbs can truly deepen and support your self care routine. These herbs are your friends and allies; when used with care and respect, they will nourish, heal, centre, and support you!

One of the simplest and more nourishing ways to bring herbal medicine into your self care practices is by making herbal infusions, also known as tisanes, or tea! However, while an average cup of tea generally gets steeped only a few minutes, an infusion is often steeped for 3-4 hours or overnight.

Another great idea is a Herbal Bath. It's just like taking a regular bath but so, so much better. Fill up your bathtub with hot water, and add a few drops of your favourite essential oil (we love Lavender!), a handful or so of fragrant herbs like Rose petals, Chamomile, Lemon Balm, or Peppermint, and a few tbsps of epsom salt for a seriously relaxing soak. Make sure to use a mesh drain cover, or alternately, put the herbs in a canvas tea bag and steep rather than scatter them in the water.

Featured Herb....

Coriander (also known as cilantro or Chinese parsley)



Coriander is one of the world's most commonly used herbs.

It is green, leafy and strong-smelling with a fresh, citrus taste that makes it an invaluable garnish and flavour enhancer. Both the fresh leaves and stalks are edible, as well as the berries, which are dried and called coriander seeds.

Native to southern Europe and the Middle East, the plant is now grown worldwide. Coriander tends to be associated most with Asian and Central and South American cooking. For maximum flavour, it is best added to dishes just before serving.

How about trying out this recipe: **Sweet potato, spinach and coconut curry**

Ingredients

- 4 sweet potatoes
- 15 ml lemon juice
- 15 ml peanut butter
- 2 red onions (sliced)
- 2 cloves of garlic (crushed)
- 1 chilli seeded and finely chopped
- 50 ml cumin and coriander paste
- 3 ml ground turmeric
- 1 x 400 ml can of coconut milk
- 250g baby spinach leaves

Method

- Boil potatoes with the skin, then peel and cut into chunks
- Fry onions, garlic, chillie and turmeric in a little oil
- When soft, add cumin and coriander paste, peanut butter and coconut milk
- Stir together and add sweet potatoes and spinach
- Cook for five minutes
- Finally add the lemon juice, stir together, and serve

Enjoy It!

Tea of the month:



Echinacea

Boost your immune system



Ward off the Winter Blues!

Echinacea tea is stimulating and warming, ideal for a cold wintery day.

The mixture of Echinacea root and flowering tops, rosemary and lemon verbena can be useful in reducing the severity of the symptoms of a cold. Echinacea was traditionally used for coughs and colds. Recent scientific research supports this. Ginger is often used for its warming effects.

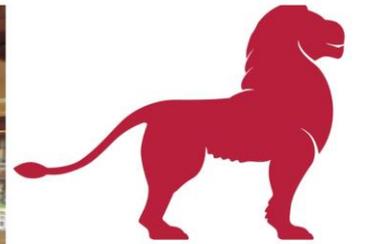
Echinacea tea can be drunk cold, and even used as a cold gargle.

For more information please [CLICK HERE](#)

Where can I buy Hippopot Tea?



Hippopot



**WYCOMBE
MUSEUM**

Our current stockists are:

Marlow Complementary Health Centre

11 Liston Court
High Street
Marlow
SL7 1ER

www.healthy-stuff.co.uk

Wycombe Museum café

Priory Avenue
High Wycombe
HP13 6PX

www.wycombemuseum.org.uk

**You can also see our entire range and buy directly from our
[online tea shop](#)**

Upcoming Events:

<p>10am – 3pm 2nd February 2nd March 6th April</p>	<p>Marlow Market Artisan Foods and Crafts on The Causeway The Causeway, Marlow, SL7 2AA 1st Saturday of the Month</p>
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We have also been out and about recently supporting some local events including:

Gongfinity - I have had amazing experience to offer Hippopot Herbal teas at their different events. It is an experience I would recommend. It takes you away from the busy hustle and bustle of everyday life. Thanks to Hilary Dowling . The teas were well received.

Yoga By Candlelight - We have served Hippopot teas at Alexandra's yoga events. Our nourishing teas are always welcome.

Yinyangong - Thanks Monique for serving Serenity herbal tea at your recent gong bath.

Keep an eye on our Facebook Page for other exciting events.

[Click here to visit and like our Facebook page](#)

***NEW COURSE* - Living Medicine:**

An Introduction to SELF CARE with FOOD & HERBS

Unlock the healing potential of your kitchen or garden with our award-winning course.



A 5 part practical course - sessions can be booked separately (we recommend that you always start with Self Care 1: Basics)

- Self Care 1: Basics
- Self Care 2: Digestive Discomforts
- Self Care 3: Sleep, Anxiety & Fatigue
- Self Care 4: Skin & First Aid
- Self Care 5: Coughs, Colds & Allergies

Two sessions to choose from; either Thursdays or Saturdays. 10:00 am to 1:00 pm.

Thursdays: 7th March, 25th April, 9th May, 6th June, 19th September

Saturdays: 9th March, 27th April, 11th May, 8th June, 21st September (please note that timings for 9th March will be 2:00 pm - 5:00 pm)

[CLICK HERE](#) for more information and to book

Malawi Smiles:



Latest Update

Our visit to Malawi in 2018 was a huge success!



We were a team of five. We worked with the girls from age 7 to 16 for a week. From Art to singing, jewellery making to sports and face painting. The girls loved every experience. You can see from the photos. They were altogether 62. We look forward to another trip in 2020.

The exciting news is two of the original children we have been supporting completed their GCSE and passed. Rachel has secured a job at a holiday chalet at Lake Malawi whilst she is waiting for a place to continue with her education. Asante has mental illness but she can manage to work in a shop on day to day basis. Beto and Rosalina are still in education and doing extremely well.

If you would like to get involved please send us a message on alice@hippopot.co.uk or if you would like to donate follow the links on the website or [click here](#).

Our next fundraising event is ***Walking with a Purpose*** on Saturday 9th March. Join us as we walk from Marlow to Hurley to raise money for Malawi Smiles. We will depart from Higginson Park in Marlow at 8.30 am and walk to Hurley, where we will have a full English Breakfast at the famous Olde Bell pub before walking back to Marlow. The distance is just over 2 miles. We should be back in Marlow by 12 noon. Tickets are £25 each inclusive of the breakfast.

This was great fun in 2018 - click on the 'more info' button below to see the pictures and watch a short video.

[CLICK HERE for more info & to book tickets](#)

[Donate Now](#)



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