



Welcome to the Hippopot News

Summer 2018

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

A couple of interesting facts for you:

The word Drug that we so commonly use to refer to medicines these days actually comes from a Dutch word 'Droog' which means 'Dry' or 'To dry'. This fact reveals that ancient healers used to dry herbs and plants so that they could be used as medicines.

A whopping 7000 compounds used in modern day medicine have been derived from plants and herbs.

Herbs are trophorestorative and this means that they work on the deepest levels to bring about healing and also bring about vitality. Through scientific research, it has been found that plants bring about benefits to us by transferring genetic information to our bodies. This in a true sense means 'deep healing'.

Featured Herb....

Peppermint (*mentha piperita*)



Peppermint is a hybrid mint, a cross between water mint and spearmint. Indigenous to Europe and the Middle East, the plant is now widely spread and cultivated in many regions of the world. It is occasionally found in the wild with its parent species.

The peppermint plant grows to about 2-3 feet in height. It produces very small purple or white flowers that bloom from July through August.

The leaves are harvested when the plant is in bloom and the leaves are at their most flavoursome. The oil is used for pharmaceutical preparations, as well as a flavour for gum and candy, etc

Peppermint as a tea has become very popular and it is thought to have several health benefits for variety of ailments such as biliary disorders, dyspepsia, enteritis, flatulence, gastritis, intestinal colic, and spasms of the bile duct, gallbladder and gastrointestinal (GI) tract.

When the steam from the tea is inhaled it can ease sinus congestion and the inflammation of the mucous membrane in the nose and throat.

The essential oil of peppermint can be used as a topical application to repel insects.

Tea of the month:



Vitalise

Minty and Awakening



For when you need a boost of energy

This tea is aromatic with a fresh lemon flavour which can be drunk on its own without any milk or sugar.

For a boost of energy, this tea is suitable to be drunk when working or exercising but we don't suggest you drink it in the evening.

On a hot summer day, it is thirst quenching, especially if taken cold with ice and lemon.

For more information [click here](#)

Why not try our recipe for Iced Tea:

Ideally you should prepare the tea the day before you want to drink it.

1. Put 6 heaped teaspoons of Vitalise in a tea pot or jug. This is for 1 pint or half a litre of tea.
2. Add boiling water and stir.

3. Leave to cool - if using a jug rather than a tea pot, cover it.
4. If you want your iced tea sweetened, then you should add honey while the tea is still hot.
5. Once the tea has cooled down, put the tea pot or jug in the fridge
6. Next day, strain the tea, either directly into glasses to drink immediately, or strain into a jug which should be returned to the fridge to keep it cool.

The tea can be kept in the fridge for sever days.

Enjoy the minty flavour on a summer's afternoon!

Where can I buy Hippopot Tea?



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:

10am – 3pm 1 st September	Marlow Market Artisan Foods and Crafts on The Causeway The Causeway, Marlow, SL7 2AA
14 th , 21 st and 28 th September 5 th and 12 th October	Living Medicine: Self Care with Food and Herbs - 5 part practical course. Hosted by Alice Nugent in Marlow For more information and to book please click HERE (Sessions can be booked separately)
Saturday 8 th September	Henley Show We are exhibiting in the Food and Wine tent.

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

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

Malawi Smiles:



Latest Update

Over the last couple months we have been running events to raise money to support the Malawi Smiles project.

Two evenings entitled "A Taste of Africa" were held in June and July, one in Shabbington village and one in Marlow.

The menu was made up of foods from a variety of African countries. Music was provided by African Drummers, and, in Marlow, by Simon Davie Jazz.



Read more about the project on the Hippopot website at <https://www.hippopot.co.uk/malawi-smiles> and discover what has already been done: <https://www.hippopot.co.uk/malawi-visits>.

We are still raising money for this cause. If you would like to make a donation please click here:

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