How to Make Echinaceas Tea to Help Fight Viruses

Hello [[firstname]],

The blog post today was all about the benefits of Echinacea. Here is a link to catch up before reading this email.

[Insert Link]

When you think of an echinacea tea, you may think of the premixed options. These options are fine, but if you are using the tea to help fight viruses, then you may need a bit more than one a premade bag can offer you. Before you grab some dry echinacea and throw it into some hot water, there ar a few things you should consider about how to make the right tea for your needs. Here are some tips, tricks, and methods to consider.

**Using Fruits in Your Tea**

One of the ways that you can use to make echinacea tea, specifically to help fight viruses, is to add fruits to your tea. You can dehydrate things like oranges, lemons, and even apples to add to the brewing cycle. These will help infuse your tea with more vitamins that act to help your immune system fight the virus and get back to normal as quickly as possible. If you use this method consider brewing the tea on the stove. Add the echinacea toward the end of the process if you are using a liquid form. If you are using a dry form, add it into the tea with the fruits. Allow the water to come to boil, then turn it off, let it rest for several minutes, and drink.

**Adding Honey In Your Tea**

Adding honey into your tea is an ideal way to help with the virus. This is due to the organic benefits that honey can offer. For example, honey is antibacterial and antifungal. Both of these aspects help with viruses and help with your overall immune health. The honey will also soothe the throat and help coat your stomach to prevent upset stomach issues. If you use honey in your echinacea tea, make sure that you are using organic honey. Ideally the honey should be local and should have a honeycomb in the jar with the honey.

**Brewing and Steeping**

The key point to keep in mind when you make the tea, especially when you want to make it effective enough to counteract a virus, is the brewing and steeping process. Make sure that all of your ingredients are added to the water and allowed to boil for at least three minutes to release the nutrients into the tea. Once the water has reached a boil and boiled for the proper amount of time, turn off the heat. Allow the tea to rest for a few minutes, anywhere from three to six minutes, then drink the tea. You can strain out the fruits if you decided to use any or you can eat them at the end of the tea to give an extra boost to the tea.

These are just a few of the methods and tips you can use. If you are concerned about flavor or potency, you can go with a hot juice infused route which uses fresh juice that has been warmed and had echinacea liquid or drops added at the end of the process. This will deliver the juice from your fresh fruit and the echinacea to your system without a loss of nutrients.

[sign off]