

## Ladies Pain Relief Tea

Note: the link provided is not an affiliate link. It is simply a link to the product I use.

All through the years, after I reached the age of twelve, I had very difficult periods. They were heavy and very painful. Acetaminophen was the only thing that helped (I'm allergic to ibuprofen), and it really didn't help very much. Many months, I spent several days in bed.

A couple of years ago, I watched a video on YouTube that suggested using cumin. Just put cumin seed in water and add a pinch of salt. Then drink the water. I didn't have cumin seed but did have powdered cumin. Decided to try using a teaspoon of the powdered cumin to 1 cup of water. It helped a lot but did not really give sufficient relief. I did a little more research to find other herbs that would give relief during that time of the month. Finally, I came up with a tea that has been a great help to me. It helps even more than the acetaminophen. Though I still had to take it easy, I didn't have to spend several days in resting in bed or doing nothing. It even helps when my back is "out." This has continued to be helpful over a number of months, so I thought it is now time to share it.



Here is the recipe for the tea:  
Makes 10 cups (80 ounces or 2500 ml)  
Note: I do not heat the water

\*2 teaspoons. organic cumin seed powder (or 3 if you like it strong); if using whole seed, use 4 teaspoons

\*2 teaspoons of buffered Vit. C powder (calcium ascorbate, provides calcium and Vit. C.; I use American Health Ester-C non-acidic powder with citrus bioflavonoids; if this amount is too much for you, use less)

\*2 Tablespoons of basil, cut and sifted (I use Frontier organic, as you can see from the picture above, I reused my spice bottle. 😊 )

\*1 teaspoon thyme powder or 2 teaspoons if not powdered (I use Frontier organic, and I grind my own to a powder)

It is kind of tricky to make this much tea in a large container unless you have a large fine mesh strainer. I put my small fine mesh strainer in a quart size jar full of water. After the tea steeps about a half an hour or so, I empty the tea into a bigger container and fill the jar again. I let the tea steep another half hour or so and add that tea to the bigger container. Then I fill the big container up to the 10 cup mark. Strainer should then be emptied and washed.

Here is a picture of the strainer I use. As you can see, it has been well used. 😊 I get it [from iherb](#). Be sure to wash it after each use.



The tea should be placed in the refrigerator as soon as it has finished steeping. It spoils fairly quickly out of the fridge - within a few hours. Get a clean glass to drink from about every 8 hours (or more frequently if you live in a hot climate.)

The 10 cups of tea may last me 24 hours, or it may last 12 hours, depending on how bad my period is. It can be taken freely, as much as desired throughout the day (or night). It does take a few hours to start working, but it works well if it is consumed regularly every couple of hours. For the first couple of days, I have to take it throughout the night as well.

Making a second or third container of tea:

To make the second (or third or fourth) container of tea, I don't dump out the remaining tea in the large container. I just add it to what is left. If it tastes stronger, you can just drink a little less or dilute it.



*Warning: Do not take this tea if you are allergic to any of the ingredients or if they are contraindicated for you for any reason. Always let your doctor know which supplements you are taking or ask your doctor before consuming if you are pregnant or nursing or have any serious health conditions.*

*Note: These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease.*