



Equal parts of the following herbs:

marshmallow  
chamomile  
catnip (or any member of the mint family)  
fennel seed (crushed)  
calendula

Blend all the herbs together and use to make a soothing herbal tea. 1 teaspoon per cup of water or 3 Tbsp. per quart of water. Let steep for 10 minutes or so and then drink as is or add some raw honey to sweeten. Optionally you can also add a couple of stevia leaves to sweeten.