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## HAPPY HEARTS

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Hawthorn berries are nature's gift for the heart. These wondrous little fruits keep the heart healthy and help prevent coronary disease. Hawthorn is indicated if there is any loss of cardiac function, mild arrhythmias and any degeneration of the heart or vascular system. These berries enhance the hearts activity; it increases the force of the hearts contraction. Hawthorne is perfect nutrition for the myocardial muscles. Adding Hawthorne into your diet will help ensure a happy and healthy heart.

Hawthorn makes a tasty tea:

### **HAWTHORN TEA**

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Steep 1-2 tablespoons in 1 quart boiled water for twenty minutes. Strain and drink 3-4 cups/day. Add Motherwort, Ginkgo Biloba and Linden flowers to create a tasty and heart happy tea.

### **HAWTHORNE PRESERVE**

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Soak berries in Apple juice overnight, (cinnamon optional)  
Blend the berries; sweeten to taste with a little honey.

### **REFERENCES**

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*Medical Herbalism*, David Hoffman, Healing Arts Press, 2003  
*The Science and Art of Herbology*, Rosemary Gladstar, Sage