

Alternative Herbal Teas

(Commonly known as "Indian Tea")

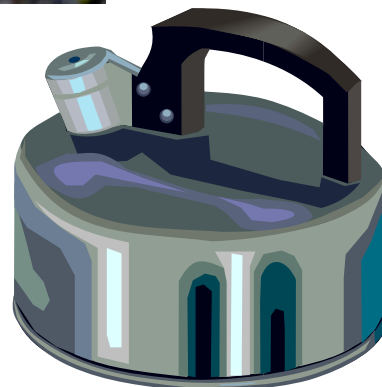


Many alternative herbal teas are consumed by Native Americans for health, medicinal and other ailments. These herbs are grown in the plains and mountain states and are used predominately in the Southwest, abundantly on the Navajo, Hopi, and Pueblo lands. The most commonly consumed teas are the: ***Indian Tea Greenthread (Thelesperma spp.)***

Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon

□ Traditional Method of Preparation:

"Late July or early August my mother and sister would go up the mountains and gather ch'ilgoh wehieh. When the buds open, usually we cut them 3-4 inches, so they would be more for next year. Next we would wash the plants well to get the dirt off. You may have to wash them several times. We would then lay them out to dry on the table or outside. When they are dry we would tie them up in bundles with strings and stored them in containers to be boiled later. We drink Ch'ilgoh with our meals or use it for medicine purpose. A bundle of tea takes about (2-5 minutes) to boil. It will produce a golden color."



Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon January 2004