

What's new from the Hippopot Tea.....

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Welcome to the Hippopot News

February 2023

Dear Hippopot fans

Spring is just round the corner, it is getting lighter even though still cold. We can emerge from our hibernation and spring into spring and detox and cleanse with nettles (remember the Nettle soup recipe from our previous newsletter), bitter baby dandelion leaves in salads, and a cold drink infused with cleavers.

We are excited to bring you information about two events:

The Menopause Workshop (Date TBC)

The Living Medicine Workshop (Part 1 - Self Care Basics) - 25th February



ITCHY, GROUCHY, SWEATY, SLEEPY, BLOATED, FORGETFUL & TEARFUL

Are you struggling with the symptoms of menopause?

Menopause marks the end of the reproductive years of a woman's life. It usually occurs between 45 and 60 years of age. You may experience a whole range of symptoms from hot flushes, mood swings and a whole lot more. The good news is that by eating the right foods and taking the right supplements, exercising and using natural hormone replacements, these symptoms can be managed.

We are planning to run an informative Saturday workshop at the Hippopotot HQ in Marlow from 10 am - 2 pm. You will learn about herbs and nutrients to support this stage of life.

The cost is £70 and this will include a light lunch. You will go home with some snacks and a tonic tea you will have made, as well as a detailed booklet containing a wealth of information.

If you are interested please click the button below to email us, so we can put you on our waiting list.

[Register your interest](#)

Living Medicine Workshops



An Introduction to SELF CARE with FOOD & HERBS

We start our new course on Saturday the 25th February. The first session is Self-Care Basics.

Living Medicine shows how we can feel better, manage long-term conditions and treat minor ailments with foods, herbs and simple lifestyle changes.

Discovering the wonderful ways plants support our bodies reveals a new world in which we are part of, and can work with, nature. Understanding how to use food remedies gives us control and helps us feel good. We update this global cultural knowledge for today's safe use and to pass on to family and friends.

We taste and identify herbs in Alice's beautiful garden, explain how plants work in our bodies and how to use them, learn practical remedy making from teas, creams and tinctures to cooking healthy dishes and assess your own health and diet. It's about the pleasure of sharing knowledge, growing, eating and transforming a food or herb into a simple remedy!

The workshop runs from 10:00 am - 1:00 pm at Hippopot HQ in Marlow. The cost is £70. You also have the choice to book the whole course (5 sessions) for £270. At the end of the session, you will go home with a remedy you have made during the workshop.

To find out more and to book please click the button below:

[Find out more about our Living Medicine Course](#)

Hippopot Tea





The perfect tea to drink in the morning to wake you up and to be drunk while working or exercising for a boost of energy. It has an aromatic taste with a fresh minty lemon flavour. You can drink it without milk or sugar, just add boiling water and let it infuse for 10 minutes.

It contains Ginkgo leaves which are known for their anti-oxidant properties. Other ingredients include spearmint, peppermint, rosehip, ginger root, ginkgo leaves, rosemary, stinging nettle leaves, lemon grass, orange peel, liquorice roots, rose, mallow blossoms.

Why not order some to try today?

Hippopot Tea Shop

1-2-1 Herbal Medicine Consultations



Herbal medicine is the oldest and still the most widely used system of medicine in the world today. Treatment is centred on the care of each patient as an individual. The medicines given to patients are made exclusively from plants.

As many of you may know, Alice is a member of the National Institute of Medical Herbalists (NIMH) and the College of Practitioners of Phytotherapy (CPP), and can offer herbal medicine consultations. These can be face-to-face at the Hippopot Clinic in Marlow or she can provide consultations with you over zoom.

So what you can expect?

Well, these are 1-2-1 and last for 1 hour. Alice will go through a comprehensive family / medical history with you and determine exactly what you need from the consultation. She will also discuss

(tincture), which can be added to water or taken as drops. Alternatively, it might be that she prepares a personalised tea blend.

It is then recommended that you have a follow-up in approx. four weeks.

The type of issues that Alice typically see people for include:

- Digestion
- Skin conditions
- Stress, anxiety, and depression
- Insomnia and other sleep disorders
- Menstrual and menopausal symptoms
- Immune system support

If you would like to find out more, please visit our website [here](#). To book a consultation, please click the button below.

Book a consultation



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