



Herbal Community Healthcare

Grass Roots Remedies

Who We Are

Grass Roots Remedies is an Edinburgh based co-operative working to rekindle our rich tradition of herbal community healthcare and to promote ecologically responsible medicine. We believe that herbal medicine is the people's medicine and should be accessible to everyone.

What We Do

We run the North Edinburgh Community Clinic, as part of the Fireweed Community Health Collective offering affordable massage and herbal medicine consultations in the Granton:hub. The space is currently closed but will reopen when possible and Fireweed would love to hear from folk in the meantime at hello@fireweedcollective.co.uk

You can also check out the facebook page: **Fireweed Community Health Collective**. If you are interested in local herbal workshops running from the Granton:hub email hello@grassrootsremedies.co.uk to be kept up to date.

Our Response To Covid-19

Due to the current situation we are unable to run our clinic or workshops as normal. However, we want to ensure that we can make herbs available to as many people as possible at this time. We are able to offer a limited range, which include teas and syrups, for free to residents of Wester Hailes, Pilton, and Granton.

How To Order Your Products

To order, please e-mail us with the names of the products that you would like, with your name and address to hello@grassrootsremedies.co.uk. We will then arrange for them to be delivered to you, with instructions of how to use them. If you do not have e-mail please phone 9-4pm Tues and Weds only, or text, 07561 612 834. Large print information leaflets are available on request.

We hope that you enjoy your herbal brew, and that we can meet you in person in the future, at a workshop or one of the community clinics. If you want to find out more about what we do please go to our website www.grassrootsremedies.co.uk or visit our facebook page [@grassrootsremedies](https://www.facebook.com/grassrootsremedies).

Grass Roots Remedies Product Range

Herbal Teas

Night Time Tea

This relaxing brew makes a delicious drink before bed.

Contains Lime Flowers, Oatstraw Flowering Tops, Lemon Balm, and Chamomile.

Sweet Dreams!

Calm Tea

This blend of Hawthorn Flowers, Rose Petals, and Oatstraw Flowering Tops is super relaxing, and can be drunk anytime of the day for a calming cuppa.

Nourish Tea

Vitamin and mineral rich Nettles and Sticky Willie combine with tasty Peppermint for a classic cup of tea that can be enjoyed anytime.

Breathe Tea

This mix of classic lung herbs can be used at anytime, or to support you if you have a cough or chest infection.

Contains Elderflower, Marshmallow Leaf, Lemon Balm, Plantain, and Mullein Flowers.

These organic teas are all supplied **Loose Leaf**. If you would like a **Tea Strainer** please let us know and we will supply one with your order. If you don't have a tea pot we suggest making the tea in a jug or mug, and then straining into your cup.

You can add sweetener to any of the teas, such as honey or sugar if you prefer a sweeter flavour.

Enjoy!

Syrups

Thyme Honey

Honey has been used for thousands of years for its medicinal benefits and is recommended by the NHS for soothing coughs. We have added Thyme, a herb found in lots of kitchen cupboards, for its medicinal benefits.

Elderberry Syrup

This simple tasty syrup is made with Elderberries and sugar – that's it! A delicious, traditional addition to the daily diet to support the immune system.

Ointments

Chest Rub

This is a herbal version of the chest rubs we are familiar with using when we have coughs and colds. It contains a variety of kitchen herbs and spices, and can be rubbed on the chest, back, and soles of the feet.

Contains Thyme, Lavender, Aniseed, Garlic, Cloves, and Chamomile – all infused in Organic Sunflower Oil, with Beeswax.

Disclaimer

Please visit the NHS website, or contact your GP or Herbalist if you are concerned about possible symptoms of the coronavirus.

We share these products with you on the understanding that we are all responsible for our own healthcare. We are all different, unique beings and respond differently to food, alcohol, and herbs, for example. Listen to your body. If you don't think something agrees with you, stop taking it until you can get further advice or information.

Grass Roots Remedies make no claims that these products are cures or remedies for Covid-19.

If you are pregnant, breastfeeding, have an underlying health condition, or are taking regular medication, please seek advice from a GP or herbalist before using these products.