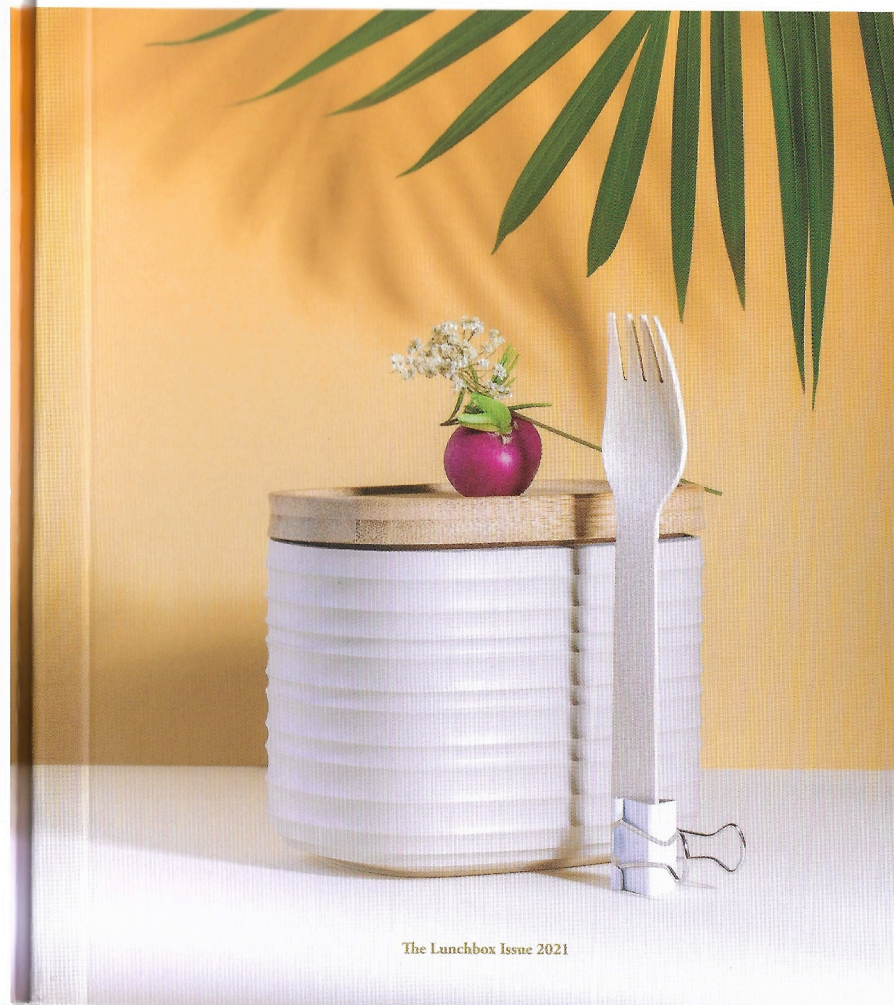




# The New Gastronome

THE PURE, RAW, AND UNFILTERED SIDE OF GASTRONOMY



The Lunchbox Issue 2021



# Herbal Infusions

 wilden.herbs

We often find ourselves taking breaks at work, stopping for a snack, or meeting with a client. During these moments, it has become customary to drink coffee, so much so that they are now commonly referred to as 'coffee breaks': relaxing moments powered by caffeine. However, culturally, coffee is by far not the only beverage consumed in many countries. Oftentimes, tea and infusions are even ranking higher in people's preferences.

So, how about an unusual alternative to the 'coffee break'? It might not have the same ring to it, but discovering the power of 'herbal tea breaks' can improve your daily

well-being by combining aromas, flavours and benefits with the perfect situation.

Getting to know plants means listening to yourself and your body. Finding an alternative to coffee can, therefore, feel like discovering a new horizon of well-being and balance, far away from the negative effects extensive caffeine consumption can have. Having said that, we don't have to give up the traditional 'coffee break'; we just have to be open to rethink it and to add some healthier alternatives for our body, mind and stomach.

### **Stressed out?**

Plants can have calming or soothing properties, so they can be a great choice when you feel stressed out or overwhelmed. Peace and tranquillity are only a sip away with a mixture of sweet orange, asperula, lemon balm, chamomile, marsh mallow, passiflora, silver lime, hawthorn and valerian.

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Wilden Herbals'  
Remedium n.1  
- Night

### **Need a Mood Booster?**

Plants can have over a thousand properties, among these being their ability to release serotonin, useful for when you are looking for a bit of happiness on a tough day. For an office that exudes high spirits choose a blend of cocoa, red poppy, Siberian ginseng, ginkgo biloba, St. John's wort, honeybush, cinnamon, rooibos.

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Wilden Herbals'  
Remedium n.0  
- Morning

### **Time to Focus!**

Our concentration levels might not always be high, but the right tools and plants can definitely help. To find the necessary focus try verbena, basil, centella asiatica, ginkgo, Moldavian dragonhead, peppermint, rhodiola rosea, rosemary.

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Wilden Herbals'  
Remedium n.5  
- Focus