

Superb Herbs

What can soothe your belly when it's feeling ick?

You ate too much, maybe you ate a brick

That's how it feels now what can you do?

You call upon the herbs that can make you feel good, yeah

Peppermint

Sip the tea, sip the tea

Chamomile

Sip the tea, sip the tea

Ginger

Sip the tea, sip the tea

So easy

That's how you call upon the herbs that can make you feel good, yeah

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When you're freakin' out what can calm you down?

Your headed for a big loud nasty meltdown

That's how it feels now what can you do?

You call upon the herbs that can make you feel good, yeah

Lavendar

Sip the tea, sip the tea

Valerian

Sip the tea, sip the tea

Chamomile

Sip the tea, sip the tea

So easy

That's how you call upon the herbs that can make you feel good, yeah

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When you're feelin good and wanna stay that way

Healthy and strong like every day

That's how you wanna be now what do you do?

You call upon the herbs that keep the body immune, yeah

Cinnamon

Sip the tea, sip the tea

Tulsi

Sip the tea, sip the tea

Ginger

Sip the tea, sip the tea

So easy

That's how you call upon the herbs that can make you feel good, yeah

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Ah, it's so easy