

FOUNDER STORY & WEBSITE MESSAGING

HerbalTeas-by-QueenGagu LLC

A Legacy of Faith, Herbal Wisdom and Healthy Living

"Prevention is better than cure."

The guiding philosophy of Queen Gagu



A warm, credible and persuasive foundation for your homepage, About page, founder biography and wellness mission.

Prepared for Amelia Gagu Harris • 73 years young

HOMEPAGE HERO

Care for Your Health Today—So You Can Enjoy More of Tomorrow

Your future is shaped, in part, by the choices you make each day. Nourishing food, restorative sleep, regular movement, meaningful relationships, appropriate medical care and responsible use of herbs can all support a healthier way of living.

At HerbalTeas-by-QueenGagu LLC, wellness is not about chasing a quick fix. It is about building daily habits that help you feel more prepared for the life you want to live—active, connected, purposeful and full of joy.

Imagine having the energy to travel with your spouse, laugh with your children and grandchildren, enjoy a cruise, celebrate family milestones and take part in the activities that give your life meaning.

No tea or lifestyle can guarantee a life without illness, pain, medication or dietary restrictions. But wise, consistent choices can support overall well-being and may help reduce some avoidable health risks. Our purpose is to encourage those choices with honesty, faith and care.

Discover your wellness rhythm. Explore thoughtfully prepared herbal teas, practical education and encouragement for creating healthier routines—one wise choice at a time.

Start where you are. You do not have to change everything in one day. Begin with one nourishing meal, one restorative evening, one walk, one prayer or one cup of tea.

Choose support—not promises. Our products are designed to complement a healthy lifestyle. They are not medicines and do not replace diagnosis, treatment or advice from a qualified healthcare professional.

MEET THE FOUNDER

Meet Amelia Gagu Harris—Queen Gagu



Herbalist, educator, author, mother and advocate for healthy living

Welcome. I am Amelia Gagu Harris, and I am blessed to be 73 years young, healthy, active and still working full time as a school counselor in a public elementary school.

I am also an herbalist, educator, author, entrepreneur, mother, grandmother and great-grandmother to three beautiful girls. My family is especially proud of its tradition of service: my three sons, my daughter-in-law and my four grandsons have served or are serving in the United States Armed Forces.

My wellness message is personal because I live it. I take no daily medication, remain active and continue to serve children and families. That is my individual experience—not a guarantee for anyone else—but it strengthens my conviction that caring for our bodies before problems arise is a worthwhile investment.

I want visitors to see wellness as more than restriction. Healthy living can be an act of hope: hope for more years of independence, more family gatherings, more travel, more laughter and more meaningful time with the people we love.

OUR ROOTS

My Herbal Heritage: The Legacy of Albert Msezane



My parents, Albert and Ida Msezane

My story did not begin with a business. It began with my family.

My father, Albert Msezane, was an herbalist from a long line of healers. Although he did not receive a formal education, he was highly intelligent and had a remarkable memory. The herbal portions he prepared—known as umuthi in Zulu—were not labeled, yet he knew exactly what each one contained.

He was also an entrepreneur with several streams of income. Long before ride-sharing services existed, he transported workers from the city to their families in the countryside on Fridays and brought them back on Sundays. His exceptional memory helped him remember every drop-off and pick-up location.

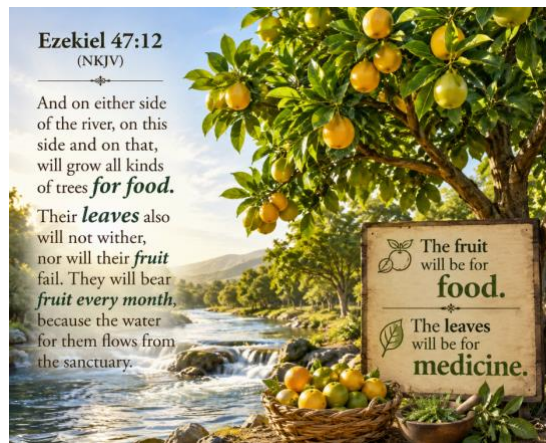
My father had four wives and twelve children, and he also helped raise relatives' children when their parents could not afford to care for them. At a time when Black South African families received little public support, he made education a priority.

When others questioned why he educated his daughters, my father answered that he wanted them to be assets—not liabilities—to their husbands.

He believed that his knowledge of herbs was a gift from God and a responsibility to serve people. His wisdom, discipline, generosity and respect for learning became part of the inheritance he passed to me.

FAITH & WELLNESS

Faith Is the Foundation of My Work



My belief in plant-based wellness is grounded in Scripture. Ezekiel 47:12 describes fruit for food and leaves for medicine. Revelation 22:2 speaks of the leaves of the tree being for the healing of the nations.

These passages remind me that God created the natural world with purpose. They inspire gratitude for plants and nourishing foods, while also calling us to use wisdom, prayer and responsible care in supporting our well-being.

What “Prevention Is Better Than Cure” Means to Us

It means caring for the whole person before a crisis develops. It means making room for nourishing food, movement, rest, stress management, spiritual well-being, strong relationships, preventive screenings and timely professional healthcare.

It also means avoiding habits that can damage the body, including smoking, recreational drugs and excessive alcohol use. We cannot control every condition, and no one should be blamed for becoming ill. Prevention is not perfection; it is the practice of making informed, life-giving choices whenever we can.



THE QUEEN GAGU APPROACH

Wellness That Helps You Live More Fully

The goal is not simply to add years to life. It is to support the strength, confidence and vitality that help you enjoy those years.

More energy for what matters. Build routines that support everyday activity—whether that means working, gardening, traveling, playing with grandchildren or enjoying time with your spouse.

More confidence in your choices. Learn how herbs, nourishing foods, movement, sleep and stress care fit into a balanced wellness lifestyle.

More connection across generations. Create healthier family traditions that children and grandchildren can carry forward.

More joy, with balance. Healthy living should make room for pleasure and celebration. Enjoy favorite foods mindfully and follow any medical or dietary guidance that applies to you.

Our Mission

Our mission is to inspire individuals and families to honor God through healthier living, preserve the herbal wisdom passed down through my family and provide responsible education that helps people make informed wellness choices.

Our Vision

We envision families passing down a new inheritance—an inheritance of faith, knowledge, wholesome habits, compassion and respect for the body.

Our Promise

We will share traditional herbal knowledge with honesty, wisdom and care. We will never claim that one tea or herb can cure every condition. We will encourage a complete lifestyle that supports physical, emotional and spiritual well-being and respects appropriate professional healthcare.

PROFESSIONAL BIOGRAPHY

Amelia Gagu Harris



Amelia Gagu Harris is an herbalist, educator, author, entrepreneur and full-time public elementary school counselor. At 73 years young, she maintains an active lifestyle without daily medication and is passionate about helping others make informed choices that support lifelong wellness.

Her interest in herbs is rooted in the legacy of her father, Albert Msezane, and generations of healers who valued plants, clean living, kindness and service. Her philosophy draws inspiration from Ezekiel 47:12 and Revelation 22:2 and centers on the belief that prevention is better than cure.

Through HerbalTeas-by-QueenGagu LLC, Amelia brings together faith, family heritage, education and practical wellness. Her purpose is to help people envision—and steadily build—a future with more vitality, meaningful connection and joyful participation in life.

The wisdom came through my bloodline. The mission was planted in my heart. The legacy will continue through the lives we touch.

Begin Your Wellness Journey

Explore our herbal teas and educational resources, or contact us to learn more about building a thoughtful wellness routine.

info@herbalteas-by-queengagu.com

Wellness information and herbal products are provided for educational and general wellness purposes only. They are not intended to diagnose, treat, cure or prevent disease and are not substitutes for professional medical advice, diagnosis or treatment. Consult a qualified healthcare professional before using herbs if you are pregnant or nursing, take medication, have a health condition or are preparing for surgery.