

Immunithea #2 Support Herbal Tea Blend

Though herbal teas are used by many, there are situations that may not be safe or suitable.

First, always be sure to speak with your doctor or herbalist and let them know what medications/herbs you are taking or might take. There are also many herbs said to not be used by pregnant women or with certain medications and are still being used with no contradictions. PLEASE DO YOUR RESEARCH.

Supposable contradictions:

Elderberry: Pregnant and breastfeeding women should not take elderberry. If you have an autoimmune disease, such as rheumatoid arthritis or lupus, ask your doctor before taking elderberry, as it may stimulate the immune system.

Rosehips: Taking rose hip along with medications that also slow blood clotting might increase the risk of bruising and bleeding. Warfarin is used to slow blood clotting. Rose hip contains vitamin C. Large amounts of vitamin C might decrease the effects of warfarin.

Cinnamon: People who are pregnant, breastfeeding, or have certain health conditions should not drink cinnamon tea. People who take certain medications should also talk to a doctor before drinking cinnamon tea.

Ginger Root: Pregnant or breastfeeding women, people with heart conditions, and people with diabetes should not take ginger without talking to their doctors. DO NOT take ginger if you have a bleeding disorder or if you are taking blood-thinning medications, including aspirin.

Wholehearted Harmony

