

Adrenal Fatigue 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:

thyme: people who are allergic to oregano or other Lamiaceae species might also be allergic to thyme. Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids: Thyme might act like estrogen in the body.

tulsi: pregnant and breastfeeding women, women who are trying to become pregnant, and people with type 2 diabetes, hypothyroidism, and those undergoing surgery should avoid holy basil.

cardamom: may aggravate gallstone complications, cause respiratory allergies, and lead to premature labor in pregnant women. Excessive cardamom intake may interact with anticoagulants, antidepressants, aspirin, antiplatelet drugs, and HIV, liver, gallstone, and Irritable bowel syndrome medicines.

cinnamon: people who are most at risk of experiencing low blood sugar are those taking medications for diabetes. This is because cinnamon may enhance the effects of these medications and cause your blood sugar to fall too low. tiredness, dizziness, and fainting.

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.



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