

## **Immunithea #1 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.**

**Chamomile: Chamomile may make asthma worse, so people with asthma should not take it. Pregnant women should avoid chamomile because of the risk of miscarriage. If you are allergic to asters, daisies, chrysanthemums, or ragweed, you may also be allergic to chamomile.**

**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.**

**Astragalus: Drugs that suppress the immune system: Astragalus may interfere with these drugs. If you have an autoimmune disease, such as rheumatoid arthritis or lupus, or take cyclophosphamide, a medication used to reduce the chances of rejection in transplant recipients, or corticosteroids, do not take astragalus.**

**Echinacea: People with tuberculosis, leukemia, diabetes, connective tissue disorders, multiple sclerosis, HIV or AIDS, any autoimmune diseases, or, possibly, liver disorders should not take echinacea. There is some concern that echinacea may reduce the effectiveness of medications that suppress the immune system.**

**Wholehearted Harmony**

