

Serendipitea 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:

Calendula: people who are allergic to plants in the daisy or aster family, including chrysanthemums and ragweed, may also have an allergic reaction to calendula (usually a skin rash). Pregnant and breastfeeding women should not use calendula.

hibiscus: people with diabetes or on high blood pressure medications should monitor their blood sugar and blood pressure levels when consuming hibiscus. This is because it may decrease blood sugar or blood pressure levels. Pregnant or breastfeeding women should not drink hibiscus tea.

lemon balm: thyroid disease: Lemon balm may change thyroid function, reduce thyroid hormone levels, and interfere with thyroid hormone replacement therapy. Avoid lemon balm if you have thyroid disease.

passion flower: shouldn't be consumed by pregnant women and may interact with certain medications, so it's always best to consult with a professional before consumption. As always, check with your doctor before adding anything to your everyday routine to determine what's best for you and your individual health.

Wholehearted Harmony

