

Bran Boost 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:

Peppermint: Some studies show that peppermint may lower your blood sugar and blood pressure as well, so it's not recommended for people taking medication for diabetes or blood pressure issues. Peppermint may help to promote good kidney function, but it's not recommended for people who have kidney stones.

Tulsi (holy basil): Holy basil is probably safe for most people; however, 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.

Gotu Kola: Anyone with a history of precancerous or cancerous skin lesions, such as squamous cell, basal cell skin cancer, or melanoma, should not use gotu kola. People with liver disease, or who take medications that affect the liver, should not take gotu kola.

Rosemary: Rosemary tea is laden with medicinal qualities, but pregnant women and lactating mothers should avoid it as it contains emmenagogue which can stimulate menstruation

Ginkgo Biloba: If you are epileptic or prone to seizures, avoid ginkgo. Large amounts of ginkgotoxin can cause seizures. Ginkgotoxin is found in ginkgo seeds and, to a lesser extent, ginkgo leaves. If you are older, have a bleeding disorder or are pregnant, don't take ginkgo.



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