

Possibilitea 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:

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.

Dried Orange Peel: contains synephrine which has been linked to cardiovascular system effects such as high blood pressure (hypertension), arrhythmias (irregular heart rhythms), a fast heart rate (tachycardia), fainting, heart palpitations, and chest tightness.

Rosehips: Kidney Stones: Individuals with a history of kidney stones or high oxalate levels should exercise caution or avoid excessive rosehip tea consumption. **Pregnancy and Breastfeeding:** Pregnant and breastfeeding women should consult with a healthcare professional before adding rosehip tea to their diet

Wholehearted Harmony

