

## **Spiritualitea 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:**

**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.**

**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.**

**Jasmine Flower: Those with a jasmine allergy should refrain from jasmine tea. Please note, this is not Jasmine green tea, just the flower, so there is no caffeine.**

**Dried Orange Peel: orange peels contain 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.**

**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.**

**clove: clove supplements may reduce blood sugar levels, which may be dangerous for people taking diabetes medications. Taking high-dose clove supplements at the same time as diabetes medications may cause your blood sugar to drop too low, which could be dangerous.**

**rosehips: 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**

