

Hormone Balance (women) 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:

Raspberry Leaf: Don't drink raspberry leaf tea if: You had a previous labor that lasted three hours or less. You're having a c-section, or you've had a caesarean section before. You previously went into labor prematurely.

Nettle leaf: People who are pregnant or breastfeeding shouldn't take this herb. This is because it can act like a diuretic. Nettle can change the effects of medicines that affect blood pressure. These include diuretics and antihypertensives.

Dong Quai: Blood thinners (anticoagulants and antiplatelets: Dong quai may raise the risk of bleeding, especially if you take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin. The same is true of using dong quai with many herbs and supplements. Talk to your doctor before taking dong quai.

Licorice Root: While tea with licorice root is generally safe to drink, it's best enjoyed in moderation. Too much of this tasty herb can elevate your blood pressure. Licorice root tea also shouldn't be consumed if you're pregnant or breastfeeding.

Dandelion Root: Dandelion might cause allergic reactions, stomach discomfort, diarrhea, or heartburn in some people. Pregnancy and breast-feeding: There isn't enough reliable information to know if dandelion is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

Wholehearted Harmony

