

## Parasitic Cleanse 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:

**Pau D'Arco:** do not give to an infant or child, pregnant or breastfeeding, take prescription blood thinners, non-steroidal anti-inflammatory medications (NSAIDs), certain natural remedies, including celery, chamomile, garlic, ginger, clove, and turmeric

**Wormwood:** THIS IS A SHORT TERM HERB ONLY!!! People who have epilepsy or are pregnant, breastfeeding, or taking certain medications should avoid wormwood. As with any supplement, you should speak to your healthcare provider before using wormwood, especially because its long-term effects and specific dosage guidelines are not known.

**Neem:** Do not use neem if you have had an organ transplant. **Surgery:** Neem might lower blood sugar levels. There is a concern that it might interfere with blood sugar control during and after surgery. Stop using neem at least 2 weeks before a scheduled surgery.

**Chaparral:** Don't use products containing chaparral when pregnant or breast-feeding. Liver disease: Chaparral might make liver disease worse.

**Black Walnut hull:** People who are pregnant or breastfeeding, have a nut allergy, or are taking certain medications should not drink black walnut hull tea without consulting a healthcare provider first. People who are allergic to tree nuts should avoid black walnuts and products that contain them. Symptoms of a walnut allergy can include hives, itching, swelling, chest pain, or breathing problems.

**Cascara Sagrada:** people with Crohn's disease, ulcerative colitis, sprue, appendicitis, stomach ulcers, any unexplained stomach pain, or irritable bowel syndrome. Women who are pregnant or breastfeeding should not use cascara sagrada. The nursing infant may experience diarrhea.

**Slippery Elm:** There is some folk herbal history that Slippery elm may cause miscarriage, however, it is unclear whether this refers to the practice of inserting Slippery elm preparation vaginally or taking the herb orally. DO NOT take any herbal supplements when pregnant or breastfeeding unless you're under a provider's supervision.



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Healing with Nature