

## **Liver Detox 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:**

**Roasted Chicory: Gallstones: Chicory can stimulate the production of bile. This could be a problem for people with gallstones. Don't use chicory if you have gallstones. Surgery: Chicory might lower blood sugar and might interfere with blood sugar control during and after surgery.**

**Roasted Dandelion: because the potassium in dandelion may impact blood flow and clotting, it's best to avoid dandelion tea if you're taking blood-thinner medication.. For the same reason, someone who is taking blood pressure medication should avoid dandelion tea.**

**Cocoa Nibs: The caffeine in cocoa might cause irregular heartbeat in some people and should be used cautiously in people with heart conditions. Diabetes: Cocoa seems to be able to raise blood sugar levels and might interfere with blood sugar control in people with diabetes.**

**Dried Orange Peel: contain synephrine that has been linked to cardiovascular system effects such as high blood pressure, irregular heart rhythms, a fast heart rate, fainting, heart palpitations, and chest tightness.**

**Fennel Seeds: Some studies have found that fennel has an estrogenic effect, which means that it mimics the effects of estrogen. Pregnant and breast-feeding women should not drink fennel tea. People with cancers that are sensitive to estrogen should also avoid the use of fennel.**

**Wholehearted Harmony**

