

HEART STRENGTHEN HERBAL TEA INGREDIENTS:

HAWTHORN BERRIES - Hawthorn has been documented as being used for heart conditions since the first century. Today, the leaf and flower have both been used for congestive heart failure and coronary artery disease.

HIBISCUS – has a long history of use in traditional botanical medicine in many parts of the world for their multiple health effects, but especially in relation to cardiovascular disorders.

GINKGO BILOBA - The terpenes (ginkgoloids) inhibit platelet activating factor, decrease vascular resistance and improve circulatory flow without appreciably affecting blood pressure.

MOTHERWORT - is known as a sedative and calming agent that is thought to be very beneficial to the circulatory system. Motherwort has been used for centuries to help treat heart palpitations, mild heart irregularity, hypertension, and also to strengthen the heart.

GARLIC - Studies generally support garlic's ability to modestly reduce blood pressure, cholesterol, platelet aggregation, atherosclerosis, fibrin (which is associated with clots and coagulation), and inflammation.

CAYENNE PEPPER - The capsaicin in cayenne helps to clear away lipid deposits and dilate arteries. These both work to counteract the cause of **heart** attacks and keep the heart as healthy as possible to pump blood through the body.

LEMON - Lemons are rich in vitamin C which is a powerful antioxidant that helps in neutralizing free radicals and eliminate harmful toxins from the body. As a result, the blood is cleansed and the heart and blood vessels can remain strong and well-functioning as they are not burdened down with heavy toxins.



"Herbs that work!"