

STRESS RELIEF

HERBAL TEA INGREDIENTS:

SCHIZANDRA BERRIES - are a popular adaptogen that manages and modulates the effects of stress that lies at the root of mood changes.

St. JOHN'S WORT - it is thought to work similarly to common prescription anti-depressant medications used today. St. John's Wort may exert a mild anti-depressive action, and therefore may help to elevate mood. As with many herbal medicines, St. John's Wort relies on the complex interplay of many active constituents for its antidepressant actions.

ASHWAGANDHA - is used as a nootropic supplement which can dramatically improve mood and mental focus, especially for people suffering from cognitive or emotional imbalances.

DAMIANA - is one of the best herbs for the mood, nervous system and the reproductive system! It has a calming, euphoric effect.

KAVA KAVA - affects the brain and other parts of the central nervous system and is used to calm anxiety, stress, and restlessness, and treat sleep problems (insomnia). It is also noted for initiating a state of contentment, a greater sense of well-being, and enhanced mental activity, memory, and sensory perception.

PASSION FLOWER - has a natural calming and sedative effect. It has been found to increase the levels of GABA in the brain, helping your body relax.

VALERIAN ROOT - acts as a sleep aid and natural anxiolytics, able to induce calm, peaceful states of mind. The use of Valerian root has also been shown helpful for mitigating symptoms of PMS and menopause as well as reducing behaviors linked to Obsessive Compulsive Disorder.

ARTIC ROOT - Relieves occasional anxiety and positively supports the body during periods of stress.



"Herbs that work!"