

ANXIETY TEA BLEND

BY CLEANHERBALS PTY LTD

Adrenal stress and anxiety can feel a lot like you have been treading water and suddenly drowning. You find it almost impossible to relax, your mind and heart seem to race, and it feels like you can't breathe. You may have sudden dizziness and nausea and break into a sweat, or perhaps the room spins out of balance. Sleep is difficult as the mind does not switch off.

Your mind is filled with thoughts of worry and irrational fear. You can't focus, concentrate nor make decisions. You may have muscle tension, headaches, irritability and perhaps you suffer from indigestion.

Anyone reading this who suffers from anxiety will read through this almost like a tick box questionnaire. Even though all symptoms of anxiety don't affect everyone, at least two or three would resonate with anxiety sufferers.

When it comes to supporting anxiety, herbs are great to help reset before your stress becomes distress.

Herbs can be a beautiful compliment alongside other strategies, to support you in healing the impact of stress of modern living.

Although it does not appear to reduce the actual levels of stress we experience, tea does seem to have a greater effect in bringing stress hormone levels back to normal. This has important health implications, because slow recovery following acute stress has been associated with a greater risk of chronic illnesses such as coronary heart disease.

DISCLAIMER

This product is a mixed blend of teas. It is not intended as a substitute for the treatment of medical health issues. If you are on prescription medication, please do not remove or reduce any of your ongoing medical treatment without consulting a doctor or qualified health professional. Where you experience any health issues or allergies while consuming this product, you should stop, and seek advice from your local doctor immediately. (Blended teas are not suitable for children under the age of 18).

This is not a replacement for proper medical advice You should consult a licensed health care professional or doctor before starting any supplement, or herbal tea blend especially if you are pregnant or have any pre-existing injuries or medical conditions and if you are on medication. You will need to check with a professional for herb drug interaction or if this product is suitable for you. We do not make any Health claims.

Tea blends /Herbs strength , colour and pigmentation can change from batch to batch . This is due to where it's grown and sourced at the time . Herbs are Nature dependent and we cannot control this although we aim to stay as consistent as we can . Things like the rain , the sun , the weather can be a factor as well as availability . We will do our best to keep the batches high quality and organic. No guarantees can be made as to what happens with nature these are not standardised herbs they are dependent on natural forces and weather .

Exclusion:

(a) The law implies terms, conditions, warranties or guarantees (Prescribed Terms) into contracts for the supply of goods and services and prohibits the exclusion, restriction or modification of certain terms, conditions, warranties or guarantees. Some Prescribed Terms permit a Seller to limit its liability for a breach of the prescribed terms.




(b) Except as provided by Prescribed Terms, the liability of the Seller in respect of a breach of a Prescribed Term relating to the Goods or any part of the Goods is limited at the option of the Seller to the replacement or repair of the Goods or any part of it or payment of the cost of repairing or replacing the Goods or any part of the Goods.

(c) Under this agreement, the Buyer does not have any cause of action against or right to claim or recover from the Seller for, or in respect of, any loss or damage of any kind whatsoever, caused directly or indirectly by:

(i) any defect in material or workmanship of, or any other defect whatsoever in, or unsuitability for, any purpose of the Goods or any part of the Goods; or

(ii) any default or negligence on the part of the Seller or of any employee, contractor or agent of the Seller or of any person for whom the Seller has legal responsibility relating to the supply of, or otherwise concerning Goods or any part of Goods; or





(iii) any consequential loss, damage or death which may arise due to a chemical reaction of the Goods with the coronavirus vaccines, where the Buyer has been vaccinated.

Herb	Name	Traditional use	Contraindications
	Chamomile <i>Matricaria chamomilla</i>	Stress, tension, sleep, headaches,cramps, colic, colitis,ulcers gastritis, diverticulitis, irritable bowel, diarrhea, constipation, pain relief, soothing, asthma	
	Valerian <i>Valeriana officinalis</i>	Nervousness, trembling, headaches, palpitations, gastrointestinal spasms, distress,hyperactivity,sleep.	Stop taking valerian at least two weeks prior to surgery.
	Rose <i>Rosa Alba</i>	Aphrodisiac, Carminative, Antispasmodic, antibacterial, antiviral, cleansing, astringent, antidepressant,antiseptic, blood tonic,increases bile,	

menstrual regulator

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Herb	Name	Traditional use	Contraindications
	Lemon Balm <i>Melissa officinalis</i>	Cognition, Digestion, stress, anxiety, antioxidant, antimicrobial.	May lower blood sugars. Can cause drowsiness. Avoid if you have thyroid issues or taking thyroid medications.
	Oats Straw <i>Avena Sativa</i>	Maintain focus, stress, nervous exhaustion.	Do not consume if you have gluten allergy or intolerance's.
	Withania <i>Withania Somnifera</i>	Immune and nervous system.	Do not consume if you have a hyperactive thyroid.
	Lavender <i>Lavandula Angustifolia</i>	Carminative, relaxant,sleep support.	

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STRESS AND ADRENAL STRESS
ORGANIC BLEND

