

# Women's 30 Day Program



## **Women's 30 Day Program**

**Immunity Boost  
Hormone balance  
Natural Relaxation**

Our natural mixture of herbs for the daily vitality kick



**WOMEN'S TEA** is organic handcrafted herbal tea with anti-inflammatory and hormone balancing herbs traditionally used to relieve menstrual cycle related problems.



## **RELAX TEA**

**For those dealing with anxiety.**

It greatly relaxes the nervous system. Helping with sleep disorders, especially insomnia.



# WOMEN'S 30 Day Program

## Women's Tea in the Morning

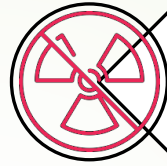
This blend is 100% natural plant powered goodness and focused on hormonal balance, regularity & symptom relief. Packed full of vitamins and antioxidants which are also great for general health and the condition of your skin & hair!

## Relax Tea in the Evening

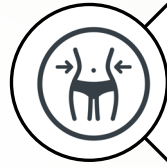
This blend is 100% natural plant powered goodness and focused to ease anxiety, calm a busy mind and promote sleep. The phytochemicals and alkaloids such as quercetin and kaempferol, are known to improve mood and reduce levels of stress hormones in the body!



**Women's Tea & Relax Tea**  
The combination package contains a complete 30 day program with both Women's Tea and Relax Tea



**Eliminates toxins**  
Effectively cleanses the body of accumulated toxins.



**Removes the swollen abdomen**  
Quickly and reliably removes bloating.



**Skin care**  
The skin becomes firm and radiant. Helps eliminate cellulite.



**Beautiful and healthy body**  
Your body works optimally, and you look and feel great!



**Accelerates metabolism**  
It speeds up the body's metabolism, burns fat and helps melt excess calories.

**WOMEN'S TEA** is organic handcrafted herbal tea with anti-inflammatory and hormone balancing herbs traditionally used to relieve menstrual cycle related problems.



**Shepherd's purse** When dried and made into a tea, it is considered one of the best haemostatics, as it constricts the blood vessels and regulates high or low blood pressure, as well as heart action. Beneficial for a bleeding nose, stomach, intestine or uterus. Premenstrual syndrome (PMS), abnormally heavy bleeding during menstrual periods (menorrhagia), and other conditions.



**Milk thistle** is a plant that contains silymarin, a substance that some people take to help with liver function, diabetes, indigestion, and other conditions. Milk thistle helps to prevent or treat high cholesterol, heartburn, upset stomach (dyspepsia), hangover, gallbladder problems and menstrual pain,



**Horsetail** is used for "fluid retention" (edema), kidney and bladder stones, urinary tract infections, the inability to control urination (incontinence), heavy uncontrolled menstrual periods bleeding and general disturbances of the kidney and bladder.



**Icelandic moss** lessens the tendency of menstrual pain and helps with your periods. Moss can ease your menstrual symptoms and overall wellbeing. The adequate levels of natural ingredients inside the moss are optimal to maintain the body functions.



**Red clover** offers benefits in pre-menstrual syndrome (PMS) as isoflavones in the herb act as a natural hormone stimulant ideal for balancing the body's hormone levels. Red clover provides essential nutrients to the body, including vitamin C, thiamine, and potassium that reduce PMS symptoms and soothe cramps during menstruation.



**Yarrow** has been used traditionally for painful menstrual cramps. It is antispasmodic and anti-inflammatory in action. This means it aids the muscles of the uterus to work efficiently without spasm and/or cramping up.



**Raspberry Leaf** contains fragarine and tannins which together are known to Relieve and ease menstrual cramping and discomfort. It is very high in Vitamins A, C, E, & B, plus significant amounts of important minerals like magnesium, iron, potassium, and calcium. The combination of all these nutrients makes the tea super beneficial.



**Liquorice** herb is known to have antispasmodic properties, and also works as a muscle relaxant. That's exactly why it can help abdominal discomfort, reduces cramping, and combats bloating and calm those raging cramps, and make you feel at ease.

# RELAX TEA

## For those dealing with anxiety.

It greatly relaxes the nervous system. Helping with sleep disorders, especially insomnia.



**Fenugreek** is extremely helpful during stress and depression. At night, it can help improve sleep by reducing anxiety and dizziness.



**Heather** in a tea is good for kidney and lower urinary tract conditions, prostate enlargement, fluid retention, gout, arthritis, sleep disorders, breathing problems, cough, and colds. It has a calming sedative effect and helps depression, insomnia, and nervous exhaustion.



**Pot Marigold** tea helps heal gastric ulcers, congested lymph nodes and sore throat. It can potentially help break a fever by causing a sweat. It eases headaches and can help to facilitate sleep.



**Maypop** This herbal tea has long been used to treat sleep disorders, such as insomnia or restlessness at night. The phytochemicals and alkaloids found in passionflower tea, such as quercetin and kaempferol, are known to improve mood and reduce levels of stress hormones in the body. This can keep you feeling energized and positive, relieving feelings of stress and anxiety.



**Elderberries** are one natural remedy that can help with many of the symptoms of stress and a dysregulated stress response. Elderberries have benefits such as, reduced risk of tumours, boosted immune function, lower blood pressure levels, and reduced blood sugar levels.



**Linden** is used to soothe nerves and treat health problems associated with anxiety. Tiliroside and quercetin. Two antioxidants in linden tea help reduce pain. Linden is associated with diuretic (encourages your body to excrete more fluid) and diaphoretic (cool a fever by encouraging sweat) effects.



**Hawthorn** has a sedative effect on the nervous system and nerve function. It also acts as a circulatory stimulant. This means it improves circulation and is used to help protect against heart disease and help control high blood pressure and high cholesterol.



**Cornflower** tea promotes digestion, detoxifies the liver, helps to reduce stress and anxiety. Stimulate and fortify the human body, reinforcing the immune system, liver activity, easing digestion and anxiety.



**Chamomile** helps people relax and fall asleep. It's rich in compounds called flavonoids, these have antioxidant properties and appear to be beneficial for both cholesterol management and blood pressure.



**Garden Heliotrope** acts like a sedative in the brain and nervous system. Helping with sleep disorders, especially insomnia. Garden Heliotrope is also used for anxiety, stress, and many other conditions.



## **WOMEN'S 30 Days to a Healthier Life**

### **The Woman's 30 Day Program**

The combination package contains a complete 30 day program with both **Women's Tea** and **Relax Tea**! These two most popular products from PerfectHealth have been combined so that you can take care of your body and mind, while enjoying a good tea, both morning and evening. Women's Tea is based on herbs that can promote hormonal balance and relief from menstrual problems. Relax Tea sedative qualities are made to help with anxiety and sleeping problems.

Why should you drink **Women's Tea** in the morning and **Relax Tea** in the evening?

**Women's Tea** blend is 100% natural plant powered goodness and focused on hormonal balance, regularity & symptom relief. Packed full of vitamins and antioxidants which are also great for general health and the condition of your skin & hair!

**Relax Tea** blend is 100% natural plant powered goodness and focused to ease anxiety, calm a busy mind and promote sleep. The phytochemicals and alkaloids such as quercetin and kaempferol, are known to improve mood and reduce levels of stress hormones in the body!

The ingredients have been selected to give you an extra boost of energy in the morning and to calm and relax the body and mind in the evening. Because of the body's need the morning tea has been created to have an overall wellness effect on your hormones that gives you motivation to kick-start the day. The evening tea, on the other hand, is designed to have a calming and relaxing effect, so you can enjoy a good night's sleep.