

Thank You, Plant Medicine Day

February 20th

Plants that support and promote heart health usually have properties that help reduce inflammation, improve circulation, regulate blood pressure, and enhance overall cardiovascular function.

Traditionally, plants were our first teachers—they were here long before us. Plants carry the memories and prayers of our ancestors, and the medicine they offer are gifts from the Creator. These gifts help awaken our voice and spirit to who we are meant to be.

Each one of us is WORTHY OF A GOOD LIFE, and the plants are a gentle reminder of that and how we are to tend to ourselves. This care ripples out to our families, tribes, communities, and with love and prayers, to the rest of the world.

Traditional Healing offers two tea blends to support heart health:

🌿 Happy Heart Tea – Hawthorn leaf & berries, Horsetail, Huckleberries & Hibiscus

🌿 Loving Heart Tea – Hawthorn leaf & berries, Rose petals, Cinnamon & Red Clover

These teas and other herbal supports are available at Traditional Healing. Contact us at (360) 493-6450 to schedule an appointment with one of our providers.

♥ Take care of your heart—your health matters.

🌿 Other Traditional Plants That Support Heart Health:

Hawthorn, Horsetail, Huckleberries, Hibiscus, Lemon Balm, Rose, Cinnamon, Red Clover, Garlic, Turmeric, Rosemary, Cayenne Pepper, Ginger, Fennel, Flaxseed

Leafy Greens, Beans, Berries: Elderberries, Blueberries, Huckleberries, Raspberries, Gooseberries, Blackberries, Strawberries



Loving Heart

**Hawthorn Leaf & Berries, Rose Petals,
Cinnamon, Red Clover**



Here's a brief overview of the benefits of hawthorn leaf & berries, rose petals, cinnamon, and red clover tea:

1. **Hawthorn Leaf & Berries:** Known for supporting heart health, hawthorn can help improve circulation, regulate blood pressure, and strengthen the heart. It's also rich in antioxidants, which support overall cardiovascular function.
2. **Rose Petals:** Rose petals are soothing and calming, helping to reduce stress and promote relaxation. They also have anti-inflammatory and antioxidant properties, which support skin health and overall immune function.
3. **Cinnamon:** Cinnamon is known for its ability to regulate blood sugar levels, making it beneficial for those managing blood sugar. It also has anti-inflammatory, antioxidant, and antimicrobial properties, supporting overall wellness and immune health.
4. **Red Clover:** Red clover is often used for its detoxifying properties, helping to cleanse the blood and promote skin health. It has phytoestrogens that support hormonal balance and can be useful for women's health, particularly during menopause.

Together, this tea blend offers heart health support, stress relief, blood sugar regulation, hormonal balance, and detoxification, making it a well-rounded option for overall wellness.

Always consult a healthcare professional before adding new herbs or supplements to your routine, especially if you have existing health conditions or are taking medications.



Happy Heart

Hibiscus, Hawthorn leaf and Berries,
Horsetail, Huckleberries



By combining these ingredients, the tea blend may offer several synergistic benefits, including:

- **Heart Health Support**: The hawthorn, hibiscus, and huckleberries can work together to promote healthy circulation, lower blood pressure, and support overall cardiovascular function.
- **Detoxification**: Horsetail's diuretic properties, combined with the antioxidant-rich hibiscus and huckleberries, can support kidney and liver function, helping to cleanse the body of excess fluids and toxins.
- **Immune Boosting**: The high levels of vitamin C and antioxidants from hibiscus and huckleberries can help strengthen the immune system, protecting you from illness.
- **Anti-inflammatory Effects**: The combination of anti-inflammatory compounds from all four ingredients may help reduce systemic inflammation and promote joint, skin, and digestive health.
- **Digestive Health**: Hawthorn and hibiscus both support digestion, while horsetail may alleviate bloating, making this blend gentle on the stomach.

Drinking this tea regularly may help with overall wellness, supporting heart health, skin and hair health, and providing antioxidants for immune and anti-inflammatory support.

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