



February is Heart Health Month!

“Heart Nurturing Tea”

Hawthorn leaf & flowers – The leaf is cardio protective and collagen stabilizing

Milky oat spikelets – Improves the energy of the heart as well as tonifying it.

Motherwort herb – Supporting the rhythm and strength of the heart, simultaneously calming anxiety

Gotu kola herb – Adaptation to mild stressors

Lavender flowers – Relaxing and sedating

Stevia leaf – A very small amount is added to bring sweetness to life

Instructions: Steep 8g of herb in 3-4 cups of water for 15 minutes, strain and drink throughout the day.

“Heart Honoring Powder”

Hawthorn berry- A cardio tonic, cardio protective and an antioxidant

Gotu kola herb - A circulatory tonic, which improves the flow of blood and strengthens the veins

Bacopa herb- A Cardiotonic and a tonic for the brain

Haritake fruit- This Ayurvedic herb is a tonic for the heart and has antioxidant properties

Cinnamon bark - A potent antioxidant also helps to increase circulation

Instructions: Add 3g to a smoothie or water and drink down twice a day.

“I Heart You Tea” (NEW!)

Linden leaf & flower – This nervine soothes by relaxing the heart, and bringing energy from the head downward.

Hawthorn leaf & flower - The leaf is cardio protective and collagen stabilizing.

Rose petals – Healing to the energetic heart and helpful in situations of trauma, grief or heart break.

Cinnamon bark - A potent antioxidant also helps to increase circulation and has cardio tonic properties

Instructions: Take 6g steeped in 2 cups of water for 15 minutes strain and drink throughout the day for heart support.

**To place an order contact the Herbal Dispensary
Maryland University of Integrative Health
410-888-9048 ext. 6676
herbs@muih.edu**

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