



I ♥ Soothe the Soul

Soothe The Soul Herbal Blend

Soothe The Soul Herbal Tea is perfect for the stressed-out person. We all experience stress, some more than others. It is a fact of our modern lifestyle, and is not likely to go away. Stress has been proven to contribute to heart disease, premature aging, and many other conditions. Stress can lead to insomnia and can cause our bodies to “burn-out”.

Soothe The Soul Herbal Tea is SO relaxing!! Yep, 7½ hours last night! And just a really relaxed feeling!

~ Amy C.

I love the deep INward relax feeling from it. In the middle of the day when I'm stressed and want to quit the day, a cup of STS herbal and I can find my center and motivation to keep going for the afternoon.

~ Tisha H.

Yes, my hubs has been using it and he is having great success with sleeping.

~Lisa M.

suggested usage

This is an adult blend and is not recommended for children.

Place ½ to 1 teaspoon of Soothe The Soul Herbal Tea into 8 to 32 ounces of boiling water and steep for 10 minutes. Strain and drink a half hour to an hour before bed. Allow 2 hours after dinner before consuming tea.

disclaimer

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.



certified organic ingredients

Rooibos Red Tea, North American Rhodiola, Passionflower, Gotu Kola, Lemon Balm, Licorice Root, and Skull Cap



reasonable cautions

Take as suggested. This is an adult blend and is not recommended for children. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

ingredient highlights

Rooibos Red Tea *Aspalathus linearis*

Pure Red Rooibos Tea, naturally caffeine free, organic, and fair trade certified. Rooibos tea is a concentrated source of antioxidants and flavinoids. In fact, Rooibos has been found to have as much a 50 times more Superoxide Dismutase (SOD) than Green Tea. It also has other antioxidants not found in other teas like aspalathin and nothofagin. It is naturally mineral rich, caffeine-free and has low tannin levels compared to green and black teas. [1]

Gotu Kola *Centella asiatica*

The word “kola” makes most people think it contains caffeine, but, in fact, gotu kola is a relaxant that contains no caffeine whatsoever. A study conducted in 1992 by K. Nalini at Kasturba Medical College showed an impressive improvement in memory in rats which were treated with the extract (orally) daily for 14 days before the experiment. The retention of learned behavior in the rats treated with gotu kola was 3 to 60 times better than that in control animals.

Passionflower *Passiflora incarnata*

Passionflower (*Passiflora incarnata*) was used traditionally in the Americas and later in Europe as a calming herb for anxiety, insomnia, seizures, and hysteria. It is still used today to treat anxiety and insomnia. Scientists believe passionflower works by increasing levels of a chemical called gamma aminobutyric acid (GABA) in the brain. GABA lowers the activity of some brain cells, making you feel more relaxed. Studies of people with generalized anxiety disorder show that passionflower is as effective as the drug oxazepam (Serax) for treating symptoms. [2] [3]

North American Rhodiola Rosea *Rhodiola rosea*

In various human studies, Rhodiola improved strength, endurance, stamina, physical work capacity, recovery time from exertion, motor coordination, and cardiovascular measurements. Rhodiola extract decreases fatigue, exhaustion. [4] Rhodiola is cardioprotective, normalizing the heart rate immediately after intense exercise, and it controls stress-induced cardiovascular-related conditions. It also protects the heart from stress and arrhythmias and possesses significant antioxidant activity. [4] [9]

Lemon Balm *Melissa officinalis*

A placebo-controlled trial found menopausal women suffering with sleep disruptions reported improved sleep after taking a lemon balm extract compared to those taking the placebo. [5] An Australian study noted improved alertness in participants supplementing with the herb in addition to feelings of calm and an improved, more positive mood. Though preliminary, patients suffering from Alzheimer's have seen improvements based on several

recent studies. In one Chinese study, eugenol, a powerful antioxidant found in lemon balm, and acupuncture helped test subjects recover memory-related functions. [5] [6]

Licorice Root *Glycyrrhiza glabra*

This herb contains plant hormones that mimic the effects of cortisol. It is truly a friend to the adrenal cortex. A staple of traditional medicine for adrenal insufficiency and ulcers, this herb contains triterpenoid saponins that influence cortisol-cortisone balance throughout the body. [7]

Skull Cap *Scutellaria lateriflora*

Skullcap is an excellent remedy to relax the nerves. According to herbalist David Hoffman: “It effectively soothes nervous tension while renewing and revivifying the central nervous system.” [8]

References

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