

Herbs and teas that support **menopause**



HERBS & TEAS FOR MENOPAUSE

Plant Allies for the Menopause Transition

Herbs:

Red Clover – hormone balance

Black Cohosh – hot flashes

Ashwagandha – stress support

Maca – energy & libido

Teas

Hibiscus- regulates body temperatures

Sage – night sweats

Chamomile – sleep

Lemon balm – nervous system

⚠️ Always consult with your physician before ingesting any type of herb.



Red Clover Tea



Black Cohosh



Tropical Maca Smoothie



Ashwagandha



Return II Eden

HEALING

THANKS FOR ATTENDING!

Please visit our website at r2ehealing.com and subscribe to our website and become a member and receive discounts in the Eden Portal and on our holistic courses, “Glow- up Sessions”, natural beauty products and real Orchid Jewelry.

Love and Blessings Dr. Nickie Ann