




♦ Product name	Diuretic Tea for Waning Moon
♦ Selling Size	4.2 oz.
♦ Moon phase	Daily / 🌘 waning moon
♦ How to use	Use 1 heaping teaspoon for each cup. Pour in boiling water and let stand for 5 minutes and strain. Sweeten with Honey if desired. Store closed in a cool and dry place.
♦ Ingredients	Stinging nettle leaves, mistletoe, horsetail, chamomile blossoms, caraway – all ingredients from organic cultivation and free from added flavorings.
♦ Ingredients & effect  Caraway	<p>1. Stinging nettle leaves: are rich in vitamin C, iron and trace elements including silica and magnesium that have a firming effect on the skin, a beneficial effect on poor blood circulation and allergic eczemas as well as detoxifying and activating properties on the lymphatic system.</p> <p>2. Horsetail: a diuretic ingredient that is used to treat rheumatism, inflammations and kidney disorders. Kneipp associated horsetail with astringent properties. Not only does it purify our blood, stomach, kidney and bladder, but it also purifies externally and has an astringent effect on wounds and rashes.</p> <p>3. Mistletoe: an ancient and mystic plant able to counter negative forces and attract positive energies. Even our ancestors considered this plant to be magical and used it in numerous ceremonies. In popular medicine mistletoe is known to be laxative, diuretic, uncramping, lower the blood pressure and dilate our blood vessels.</p> <p>4. Caraway: stimulates our appetite, enhances the digestion of fatty food or food that causes flatulence, and has an uncramping effect when you suffer from colics of the digestive organs.</p>
♦ Psychological action (scent)	Draining, diuretic, detoxifying and purifying
♦ Effects on body & soul	Waning moon stands for draining and purging and activates our body's predisposition to let go. It stimulates our lymphatic system and enhances the elimination of waste substances. Tip: A delicious way to enjoy this tea in summer, after a sauna session or workout: add a bit of lemon juice and 1 fresh mint leaf to the iced tea and enjoy.