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Worry Free Tea Organic

Better balance sip by sip

Calming, relaxing also helpful during the day for anxiety and stress.....

Help calm your mind and emotions. Herb-and-spice blend formulated to help stabilize the emotions, calm the mind, and soothe frayed nerves; all-natural mint flavour...

- Ashwagandha has many significant benefits, but is best known for its powerful adaptogenic properties, meaning that it helps mind and body adapt better to stress. It nourishes the nerves and improves nerve function to help you maintain calm during stressful situations.
- Cardamom is tridoshic (good for balancing all three doshas), but people trying to keep Pitta in balance should eat it in smaller amounts.
- Pepper is considered an important healing spice in Ayurveda. It has cleansing and antioxidant properties, and it is a bioavailability enhancer — it helps transport the benefits of other herbs to the different parts of the body. It helps the free flow of oxygen to the brain.
- In Ayurveda, cloves are considered to enhance circulation, digestion, and metabolism.
- Because it increases the ability to solve problems effectively, bacopa (brahmi) is often used in formulas to help relieve and prevent stress.
- Arjuna is helpful in balancing the emotions (Sadhaka Pitta).

Ingredients:

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|----------------------|---------------------------|------------------------------|
| • Licorice (root) | • Pepper (fruit) | • Marshmallow (root) |
| • Peppermint (leaf) | • Long pepper (fruit) | • Heart-leaf sida (root) |
| • Spearmint (leaf) | • Gotu kola (whole plant) | • Cinnamon (bark) |
| • Arjuna (bark) | • Fennel (fruit) | • Indian cardamom (fruit) |
| • Ashwagandha (root) | • Bacopa (whole plant) | • Greater galangal (rhizome) |
| • Cardamom (fruit) | • Clove (flower bud) | |

Important:

* Contains **licorice** – people suffering from hypertension should avoid excessive consumption.