Tummy Tamer Tea - Digestive Comfort Blend

DESCRIPTION

Calm, Soothe, Settle

Tummy Tamer is our after-dinner and rescue tea for a stomach that is unhappy — bloated, crampy, gassy, acidic or tied in knots by stress. Every herb in it has been an old family remedy for the belly somewhere in the world.

What's in the blend:

- **Peppermint & catnip** — relax the gut muscles and release trapped gas and cramping.
- **Chamomile** — the classic remedy for a nervous, upset stomach.
- **Marshmallow leaf & root** — a soothing plant gel that coats and calms an irritated lining.
- **Orange peel & cinnamon** — warm, fragrant digestives that get things moving.
- **Nettle, oat straw & elder flower** — gentle, nourishing and calming.

Why it works: it relaxes the muscles that cramp, coats the lining that burns, and calms the nerves that tie the stomach in knots.

The Eastern view: In TCM, most upset stomachs are a *Liver–Spleen disharmony* — stress (the Liver) knotting up digestion (the Spleen). Peppermint and orange peel (*Chén Pí*, ??, one of the most-used herbs in all of Chinese medicine) move the stuck Qi; cinnamon warms the Spleen; chamomile and catnip calm the Liver.

How to brew: 1–2 teaspoons per cup of just-boiled water, covered, 7–10 minutes. Sip slowly after meals or whenever your stomach needs it.

Ingredients: Peppermint, Orange Peel, Cinnamon, Chamomile, Nettle Leaf, Marshmallow Leaf and Root, Oat Straw, Elder Flower, Catnip.

Size: 0.5 oz loose-leaf blend in a resealable black pouch with a window — about 10–15 cups.

Blended and packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Peppermint may worsen heartburn and reflux in some people.
- Marshmallow can slow the absorption of medicines — take them an hour apart.
- Avoid during pregnancy (catnip).
- Avoid if allergic to the daisy family (chamomile).
- Keep out of reach of children. Store sealed in a cool, dry, dark place.