

Cramp Bark Tea

Ingredients

- 1 teaspoon dried cramp bark
- 1 cup water

Instructions

1. Place cramp bark in a small saucepan with water.
2. Bring to a boil, then simmer 10 minutes.
3. Cover and let rest 5 minutes.
4. Strain and sip slowly.

Benefits

- Traditionally used to ease menstrual cramps and relax uterine muscles.
- May reduce mild back pain or muscle spasms.
- Gentle calming effect on the nervous system.

Warnings

- Not for use in pregnancy (uterine effects).
- May lower blood pressure.

- Consult your doctor if you have heart conditions or are on medications for hypertension.