Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

DR. HELENE'S 5 HERBAL TEAS TO PROMOTE *Restful Sleep*

(ALL ARE CAFFEINE FREE)



In today's fast-paced world, achieving a good night's sleep can often feel like a luxury.

Let me guide you on a mini journey through five wonderful, caffeine-free herbal teas that can help you unwind, relax, and enjoy a deep, restorative sleep.
From the soothing Tulsi tea to the fragrant Rose tea, each blend offers unique benefits to calm your mind and body. Let's explore these delightful teas and how they can transform your bedtime routine into a serene and peaceful experience.



TULSI *tea*

Tulsi tea is known to relax frayed nerves, tonify the central nervous system and calm the mind for sleep. It also is an adaptogenic herb that, when given in the right circumstances, can improve stress, contribute to hormonal regulation, and profoundly impact endocrine and metabolic balance. Tulsi tea can reduce cortisol secretion, decreasing the adverse effects of the stress response.



ROSE *tea*

Rose tea, made with dried rose petals is an herbal beverage made of aromatic rose petals and buds. Your evening cup of rose tea can also potentially enhance your sleep and mood because roses contain l-theanine, an amino acid that has been shown to affect brain functions that help alleviate anxiety and improve sleep. This is great if you are experiencing sleep deprivation which can lead to anxiety or a decreased mood.

Rose petals are also high in antioxidants and polyphenols, which are beneficial for your immune system and heart health.

LAVANDER *tea*

Drinking Lavender tea, brewed from dried lavender flowers, before bed can help you achieve a more restful sleep. According to multiple scientific studies, lavender tea helps calm brain function by reducing the stress hormone known as cortisol. Drinking lavender tea helps you calm your nerves and sleep better . Lavender tea is also anti-inflammatory.



CHAMOMILE *tea*

Chamomile tea, from dried chamomile flowers, has a long history of traditional use for promoting relaxation and sleep.

Chamomile contains an antioxidant called apigenin that acts on the brain and may have a calming and relaxing effect to encourage sleep.

SAGE *tea*

Sage tea, using fresh or dried sage leaves, might help improve symptoms of menopause, such as night sweats or hot flashes, as shown in some studies. Sage can also support the nervous system, in particular nervous exhaustion, which makes life incredibly hard for those suffering from hormonal imbalances.





Thank you for joining us on this mini journey of herbal teas designed to enhance your sleep. By incorporating Tulsi, Rose, Lavender, Chamomile, and Sage teas into your nightly routine, you can create a natural and effective way to unwind and prepare for a restful night.

You'll be glad to say good-bye to sleep disrupting hot flashes and night sweats as well.

Remember to always consult with your Naturopathic Doctor, especially if you have any health concerns or are taking medications.

HERE'S TO SWEET DREAMS AND TRANQUIL NIGHTS!

CHEERS TO BETTER SLEEP AND BRIGHTER MORNINGS WITH THE MAGIC OF HERBAL TEAS!

Dr. Helene

*Caution: Always check with your Naturopathic Doctor before consuming any herbal teas if you are pregnant, breast feeding, taking blood thinners, anti-depressants or any other medications, or if you are allergic to any of the ingredients in an herbal tea.

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