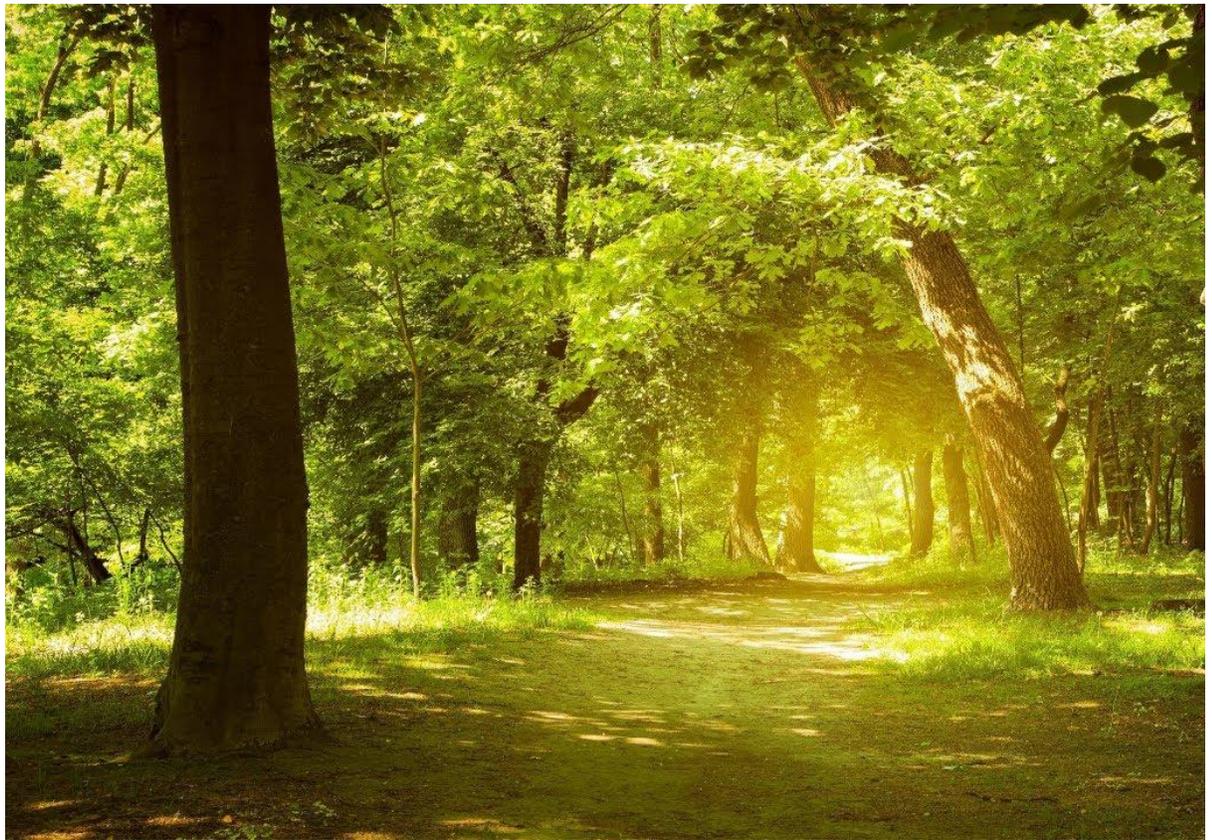


**ORGANIC  
REMEDIES  
NEWSLETTER  
NOVEMBER**

**NOVEMBER 2021**



Herbal detox.  
(pg.1)

Herb of the  
month:  
Herbal Detox Tea  
Blend (pg.2)

Organic  
Remedies:  
Herbal resource.  
(pg.3)

**ORGANIC REMEDIES HERBAL OVERVIEW: DETOX**

Herbal detoxes are usually beverages or teas containing various herbs. They're used to promote weight loss and eliminate toxins from the body.

Modern science has revealed that many herbs – such as Dandelion, Burdock Root, Nettle Leaf, Schisandra Berries and Red Clover, have a special affinity to support the natural function of our inherent detoxification systems. Honoring this age-old wisdom, most herbalists continue to utilize these herbs to support and nurture body processes rather than encouraging harsh detoxes that can be depleting. Our skin, liver, kidneys, digestive tract, and lymphatic system all have important parts to play in maintaining a balanced input and output flow.

The other end of all this is a regular bowel movement that moves all the body discharges, along with kidney flow to eliminate/balance acids, salts, and minerals, among other things.

Detoxing is trendy. Alluring to people who're trying to lose weight, boost brain power, lower inflammation, and fight hunger. What we at **Organic Remedies** prefer is that you nourish your body with good eating habits, exercise, sleep, and learning how to deal with stress. Herbal remedies can assist when you go off scale as we all do from time to time. But drastic detox programs really aren't the answer. However, we do what we must. So, if you are looking for a detox program, choose one that supports your body in how it functions by looking at what you are doing before going on a crash program. Ensure the ingredients are designed to assist you in whatever you're trying to accomplish.

## HERBAL SYSTEM DETOX TEA BLEND



**Chamomile** (*Matricaria recuita*) helps us to relax.

This blend is a nice maintenance herbal detox blend. We designed this to be used periodically to cleanse the system. This is not an aggressive blend, but a subtle formulation that works when needed. Maybe after the holidays when you may have over indulged. Or, as you decide on a New year's resolution to lose some weight and have a program set up where you intend on abstaining from certain habits. You use this blend to prepare your body by toning the organs and nourishing them to help with the plan. Again, not aggressive, yet impactful.

You can view the herbs by clicking this link:

[Herbal Tea Blends \(organicremediesbychas.com\)](http://organicremediesbychas.com)



## LET ORGANIC REMEDIES BE YOUR HERBAL RESOURCE

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**At Organic Remedies you have so many ways to help improve your health.**

Organic Remedies primary focus is to help alleviate the symptoms of pain. Our topical products, when used regularly, and applied to the body part which is experiencing pain will help minimize the symptoms. Ask about our topical pain relievers for gout, arthritis, joint pain, back pain, headaches, and other issues.



We realize that many of our customers are very familiar with herbs. Some have found herbal blends online or from other research methods and would like to try those blends themselves. Well, Organic Remedies has the herbs, and we can make that tea blend either in tea bags or bulk tea if you like. Just ask us.

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