

Hibiscus & Cinnamon Tea for Blood Pressure Support

This tea blend is designed as a gentle daily ritual to support cardiovascular balance and healthy blood pressure. It combines mineral-rich botanicals, warming spices, and raw honey for calm, grounded nourishment.

Ingredients

- 1 cinnamon stick
- 1–2 teaspoons dried hibiscus flowers
- 1½–2 cups filtered water
- 1 teaspoon Manuka honey (added after steeping)

Preparation Method

- 1 Bring water to a gentle simmer and add the cinnamon stick.
- 2 Simmer for 5–10 minutes to extract warming compounds.
- 3 Remove from heat and add dried hibiscus flowers.
- 4 Cover and steep for 5 minutes only to avoid excess tartness.
- 5 Allow tea to cool slightly, then stir in Manuka honey.
- 6 Strain and enjoy warm or at room temperature.

Why This Supports Blood Pressure

- Hibiscus supports healthy blood vessel relaxation and circulation.
- Cinnamon supports blood flow and metabolic balance.
- Manuka honey provides gentle sweetness without sharp blood sugar spikes.
- Warm herbal infusions support nervous system calm, which benefits cardiovascular health.

Wellness Note: This tea is supportive and not intended to replace medical care. If you are pregnant, taking blood pressure medication, or managing a health condition, consult a healthcare professional before regular use.