



NATURAL LORE TEA & ESSENCE BLENDS

BALANCE - Pain & Inflammation Management

BLISS - Stress Relief & Relaxation

CREATIVITY - Rejuvenation - Skin & Circulation

CLARITY - Cognitive Support & Anxiety Relief

FLOW - Digestive & Endocrine

HARMONY - Immune & Preventative

PURITY - Detox & Re-set

RELEASE - Metabolic Balancing & Weight management

RESTORE - Organ & Blood support

RHYTHM - Heart Health & Anti-Inflammatory

UNITY - Inner Balance Blend

VITALITY - Breathing and Energy

1 Tea & Essence Blend Overview

1.1 Tea Blends

Natural Lore Wellness Teas are harmonically and bio-chemically formulated by hand aligning to the highest frequency of each botanical and to all teacher plants. This process ensures the optimum quality and integrity of every blend. Each blend reflects a Natural Lore of Wellness to assist the consumer to find ways to relate to themselves as an integral part of nature itself – and therefore not separate. To be inspired to care for the world around us whilst taking care our ourselves.

The range is unique in that it not only fulfils a need for organic and wild-crafted wellbeing teas and beautiful gift ideas, but more importantly, the intuitive process that has enabled these blends to be created allows a stronger connection between the tonic herbs and the person drinking the tea. The person can FEEL this. The health benefits of the teas assist to inhibit factors that create disharmony resulting in illness. Our philosophy is ‘by enhancing wellness you can prevent illness’. For any existing ailment, or for maintaining well-being, these blends are recommended to be used as a daily tonic. They may even assist in managing and potentially reversing the damage caused by an ailment – body mind and soul.

These herbs are a gift from nature for healthy longevity and for those who need more assistance we also recommend tailored programs to assist embodying a Wellness Attitude and dissolving unhealthy habits and patterning.

The range compliments healing and support for a whole range of issues and ailments eg: Stress relief, Sleeping issues, Brain health, Libido / Romance, Weight Loss, Detox, Chronic Illness, Pain management and more. The Blends are also bio-chemically formulated with the focus on their assistance with activating and maintaining a healthy Endocannabinoid system and can be used with medical cannabis treatment protocols enhancing the teacher plant medicine.

All herbs used in the blends are organic or wild crafted (chemical free).

1.2 Essence Blends

Founded back in 2010, these herbal blends have provided wonderful benefits to clients for well over a decade. To enhance these blends for broader use, Natural Lore Wellness has introduced a range of Essence formulas that gently infuse each Tea Blend with MCT oil. This is to offer an alternative way for people to ingest these herbs if they are not tea drinkers or if they would prefer an oil over a tea blend.

All Essence blends are taken as oral drops and are perfect for anyone using Cannabinoid formulas for their health and well-being. Like the teas, these Essences are designed to complement the cannabis oils by enhancing the terpene range and therapeutic benefit.

2 Recommending to Clients

We highly recommend you do some personal research into each of the herbs to increase familiarity of each blend and its' benefits and properties which will assist in a confident approach when presenting to clients. Please try these blends yourself to familiarize yourself with the herbs, taste and benefits to help you ascertain the right blend for your client. Books such as Isabel Shippard's 'How Can I Use Herbs in Daily Life' are also a great reference source.

Tea Blends can be made into both hot and cold brews; 1 teaspoon makes 3 cups of tea for the day.

Essence Oils are taken orally and introduced as a daily supplement for general well-being or assisting a specific ailment. Droppers are provided with each bottle.

3 The Range

Please familiarize yourself with the information relating to the 12 Natural Lore Wellness Tea and Essence Blends. All blends are high in health enhancing terpenes, flavonoids and volatile oils and have been formulated specifically for optimum bio- availability. Below is a basic overview of each blend – herb information and healing qualities.

Please note: There are 2 teas and essence blends in our range that are NOT recommended for clients on bloody thinning medication.

BALANCE - Pain & Inflammation Blend

The botanical in this blend have been traditionally used for the relief of uncomfortable physical symptoms such as pain, inflammation, and fever. This blend helps to reduce tension in the body, acts as a coolant and calms active nerve issues. **(NB – NOT advised to use with Blood thinning medications)**

- **White Willow Bark:** Reduce fevers, pain, and inflammation, the original “aspirin”.
- **Meadowsweet:** anti-inflammatory; for arthritis and other aches and pains, gastritis.
- **Lemon Myrtle:** Antifungal, antiseptic, antiviral, calmative, and a sedative – also ignites endorphins.
- **Chrysanthemum:** For eye problems, cleansing the blood and cooling the body.
- **Catnip:** Relieves Anxiety, Colds, Cramps/abdominal, Insomnia, good for children.
- **Passionflower:** Lowers activity of the brain enabling deep relaxation and natural release – great for pain management.
- **Coriander Seeds:** High antioxidant, assists with digestion, anti-flatulence, calmative.

The *Natural Lore of Balance* reminds us to find the middle path and not to intake or take on too much or too little. When enhancing well-being it is important to start slowly and build upon long term sustainable change rather than a pendulum swing approach. If you feel you are over-stretching yourself then take time out to identify what can be gently altered to find and retain the state of balance or homeostasis.

BLISS - Stress Relief & Relaxation Blend

A relaxing & euphoric blend, traditionally used to alleviate anxiety and stress by supporting the adrenal glands, calming the nervous system, and releasing happy endorphins. For some people, this blend also works well for sleeping, and it is particularly good for gentling headaches and tension related symptoms. Relaxing, soothing, encouraging & refreshing and create a mood of blissful dreaminess. (Caution: may cause drowsiness for some)

- **Chamomile:** Eases tense muscles and gently soothes pain. Relieves irritability.
- **Ashwaganda:** Assists the body to deal with long term stress & illness. High in iron. Supports adrenal system in recovery.
- **Lemon Verbena:** Powerful antioxidant, used as a muscle relaxant and relieves respiratory issues.
- **Passionflower:** Lowers activity of the brain enabling deep relaxation to assist with stress and other imbalances.
- **Rose Petals:** Traditionally used to help with emotional issues such as grief, pain, and anxiety.

The *Natural Lore of Bliss* reminds you of your true nature - HOW you are meant to live ... you do not earn brownie points for holding onto pain and suffering, this Lore gives you the opportunity to directly experience the emotional and internal feeling of bliss and space which is not something we obtain only fleetingly, but rather a natural state of being. Interestingly enough, the term “anandamide” which is a response of our endocannabinoid system means “Bliss or Joy” in Sanskrit – an ancient language. This would indicate that an activated and healthy endocannabinoid system is directly related to the natural state of all beings.

CREATIVITY - Skin & Circulation Blend

The botanical in this blend have traditionally been used to support hair, skin and nail health whilst gently supporting the detoxing functions of the lymphatic and blood systems. This blend also contains herbs that maintain nutrient uptake whilst cells release toxins through this natural detoxing process, along with optimum brain function all combining to create an uplifting and receptive mood. **(NB – NOT advised to use with Blood thinning medications)**

- **Calendula:** Well-known skin herb for conditions like psoriasis and dermatitis, high antioxidant, anti-spasmodic & high in essential flavonoids.
- **Lemon Grass:** Contains Myrcene – precursor for terpene production. Maintains cell health, immune system, and healthy skin.
- **Hibiscus:** Prevents protein decay which inhibits collagen production. In the skin care industry known as the “Botox plant”. High in Vitamin C.
- **Cleavers:** stimulating effect on the lymphatic system, which is responsible for clearing extracellular waste from the body. Valuable diuretic.
- **Ginger:** Improves circulation, digestion, elimination, and nutrient absorption.
- **Bilberry:** widely studied for its effective anti-inflammatory, digestive and circulation boosting effects, may assist to improve eyesight.
- **Horsetail:** Antioxidant, High in Silica for hair and skin, strengthens the body’s immune system.

The *Natural Lore of Creativity* reminds you that to truly allow creativity to flow uninhibited, you first need to be clear of blocks and negativity on all levels of your being. Once these blocks have been cleared and the body / mind feels youthful and rejuvenated, creativity is enabled to be felt, experienced, and actioned. Just look at Nature!

CLARITY – Cognitive Support & Anxiety Relief

Please note – this blend is currently only available as an Essence oil and NOT as a loose-leaf Tea Blend.

This blend has been formulated for optimum cognitive function and includes well documented herbs to assist with memory, co-ordination and relieving stress and anxiety. This blend may also assist varicose veins and combat aging skin.

- **Brahmi:** The bio-chemical known as bacosides in Brahmi helps in re-building brain tissues by influencing the brain cells. High in antioxidants and immune support
- **Ginkgo Biloba:** Used for memory disorders including Alzheimer’s may settle mood imbalance, helps to increase blood flow and settle nerve pain
- **Gotu Kola:** Contains triterpenes that increase strength and volume of collagen, an important building block of skin and is a well-known herb for memory function
- **Peppermint:** may assist in the preservation of central nervous system microglia as a mediator of improved cognitive function
- **Sage:** Eliminates body odour, improves memory and concentration, cleanses digestion and skin; detoxifying
- **Ginger:** Improves circulation, digestion, elimination and nutrient absorption
- **Thyme:** May lower blood pressure and cholesterol, and shown to increase good fats in the brain, liver and kidneys. Thyme is known to work well as a decongestant.
- **Lotus Stamen:** help calms the mind and reduce stress and anxiety. It is a mild sedative, which means it has a soothing, tranquilizing effect.

The *Natural Lore of Clarity* is an opportunity to witness and experience action without choice. This fluidity of movement shows that when one is faced with a “choice” then there is immediate conflict. Clarity is not making a choice it simply is the right movement.

FLOW - Digestive & Endocrine Blend

The botanical in this Blend have been traditionally to assist with balancing and calming the digestive system whilst supporting optimum nutrient uptake. Both endocrine and hormonal systems also benefit from this powerful Blend.

- **Blue Mallow:** soothes inflammation in the mucosal and digestive systems.
- **Paw Paw Leaf:** High in chlorophyll, fibre, vitamins and minerals, antioxidant, and anti-cancer properties.
- **Cinnamon:** High antioxidant & anti-inflammatory. Assists healthy digestive function.
- **Peppermint:** helpful for irritable bowels, bloating, colonic spasms & high in terpenes.
- **Tulsi Basil** known to kill pathogens, helps relieve stress, strengthens immunity, and facilitates proper digestion, supports adrenal fatigue & balances hormones
- **Jiaogulan:** powerful antioxidant, adaptogen and known in Chinese medicine as a longevity herb; Helps regulate the gut microbiome ecosystem balances hormones.
- **Orange Peel:** a rich source of non-soluble polysaccharides like pectins, tannins and hemi-cellulose which aid in relieving gas & constipation.
- **Cloves:** improves digestion by stimulating the secretion of digestive enzymes helping to reducing gastric irritability & nausea. High in nutrients and antioxidants.

- **Rose Petals:** High in Vitamin C, gentle laxative and stimulates natural bile secretion.

The *Natural Lore of Flow* is a reminder that ultimately all is well and when we pay attention to any potential hindrances in our path, find ways to gently remove or dissolve them without disrupting the surrounding ecosystems, abundance can freely flow – on all levels.

HARMONY - Immunity & Prevention Blend

The botanical in this blend have traditionally been used to harmonise the body's emotional rhythm, strengthen the immune system and known for their disease prevention properties. This blend offers support for unhealthy conditions, whilst providing general and overall support to maintain a healthy overall system.

- **Herb Robert:** Supreme therapeutic herb. Enhances the immune system & Oxygenates the blood.
- **Paw Paw:** High in chlorophyll, fibre, vitamins and minerals, antioxidant, and anticancer properties.
- **Passionflower:** Lowers activity of the brain enabling deep relaxation to assist with stress and other imbalances.
- **Lemon Myrtle:** Antifungal, antiseptic, antiviral, calmative, and a sedative... and tastes GREAT!!
- **Liquorice Root:** Aids digestion fatigue & illness, Prevents breakdown of adrenal hormones.
- **Turmeric:** Reduces pain, Anti-inflammatory, reduces risk of cancer & dementia, glucose control.
- **Black Pepper:** High in vitamins and minerals, improve digestion & intestinal health.

The *Natural Lore of Harmony* provides the opportunity to access your own body's unique "hum" and determine what is out of balance. Consider the environment around you, both inner and outer to see what may be causing any dis-harmony and remove as much as possible those factors - physically, spiritually, and emotionally.

PURITY - Detox Blend

The botanical in this blend have traditionally been used to eliminate toxins, heavy metals, and unnatural substances (synthetic) built up in the body. Good for eliminating body odour. A potent brew for cleansing and restoration whilst creating the mood for changes to unhealthful habits. Essential as part of a programme for those on pharmaceutical medications

- **Cleavers:** One of the most well-known lymphatic system and blood cleansing herbs.
- **Damiana:** Excellent tonic for hormonal system. Mild diuretic and uplifting.
- **Sage:** Eliminates body odour, improves memory and concentration, cleanses digestion and skin; detoxifying.
- **Pau D'arco:** Blood purifier, antioxidant, anti-fungal anti-bacterial, anti-tumour, fights parasites.
- **Burdock Root:** Helps to clean and build the blood & supports the elimination of waste materials.
- **Sweet Basil:** Maintains nutrition at a cellular level throughout the detoxing process.

- **Asparagus Root:** For fluid retention, may inhibit cancer cell growth and antimicrobial and antioxidant.
- **Cardamom:** Helps to prevent damage from free radicals, assists release gas build up in the digestive System and full of vital essential oils and minerals.

The *Natural Lore of Purity* reminds you that when the entity that you experience as a body, mind and soul is cleansed of toxic chemicals, beliefs, relationships, habits etc you are free to move with a sense of freedom and lightness, unbound by those things that weigh you down. Often you don't even realise how light you can be until you are cleansed of debilitating factors – and then see this reflected in Nature.

RELEASE - Metabolic Balance Blend

The botanicals in this delicious blend have traditionally assisted with cleansing toxins, curbing appetite, balancing metabolism, and resolving unhealthy gut issues, whilst maintaining an uplifting mood. Great for clients who need to cut out sugar.

- **Dandelion Leaf:** Calms systemic inflammation, high in essential nutrients.
- **Dandelion Root:** Helps the body dispose of toxins and unwanted bacteria. Supports the liver.
- **Sage:** Eliminates body odour, improves memory and concentration, detoxifying.
- **Lemon Myrtle:** Antifungal, antiseptic, antiviral, calmative, and a sedative... and tastes GREAT!!
- **Cats Claw:** Known as a 'leveller' Cats Claw allows the body itself to identify and clear illness.
- **Liquorice Root:** Aids digestion, releases body fat, Prevents breakdown of adrenal hormones.
- **Brindle berry:** Breaks down and rids the body of fatty acids. Appetite suppressant & metaboliser.
- **Blue Lotus:** Soothing, calming and creates a gentle euphoria.

The *Natural Lore of Release* inspires us to trust and let go. To remember that resistance only creates more of that which holds us in bondage to beliefs, toxic thoughts, and patterns. As nature shows us, there is nothing to hold on to... so be free ...

RESTORE - Regeneration & Systemic Support

The botanical in this blend have traditionally been used to support and heal blood and organ issues – particularly the brain and liver and their natural processes. Also high in antioxidants and great as an illness recovery blend – beneficial for those with hemochromatosis. The perfect pre-cursor to detoxing and great for cognitive issues.

- **Dandelion Leaf:** Calms systemic inflammation, high in essential nutrients and a liver supportive herb.
- **Ginkgo Biloba:** Used for memory disorders including Alzheimer's may settle mood imbalance, helps to increase blood flow, and settle nerve pain.

- **Schisandra Berries:** A powerful adaptogen for overall balance, assists in tissue repair, strong anti-inflammatory, and balances hormones.
- **Suma:** High Antioxidant, wonderful overall tonic high in vitamins, mineral and electrolytes, immune booster.
- **Rosemary:** Stimulates circulation and protects from bacterial infections, Myrcene.
- **Milk Thistle:** One of the most well-known Liver tonic herbs, high antioxidant.
- **Turmeric:** Reduces pain, Anti-inflammatory, reduces risk of cancer & dementia, glucose control.
- **Black Pepper:** High in vitamins and minerals, improve digestion & intestinal health.

The *Natural Lore of Restore* reminds us that in order to heal, we first need to calm the dis-ease which then allows the body to regenerate with healthy cells. There is no “quick fix” for anything, however an aware and considered approach is essential.

RHYTHM - Heart & Blood Health Blend

The botanicals in this delicious blend assist to cleanse the blood, maintain healthy heart function, and acts as a powerful anti-inflammatory and pain relief. Due to the careful crafting of this blend, it is safe to use with blood thinning medications.

- **Ashwagandha:** In addition to its anti-inflammatory effects, ashwagandha may help improve heart health by reducing cholesterol and triglyceride levels.
- **Lemon Balm:** Used to calm the nervous system and relieve anxiety.
- **Hibiscus:** Recent studies have looked at the possible role of hibiscus in the treatment of high blood pressure and high cholesterol.
- **Bilberry:** widely studied for its effective anti-inflammatory, digestive and circulation boosting effects.
- **Herb Robert:** Supreme therapeutic herb. Enhances the immune system & Oxygenates the blood.
- **Cinnamon:** High antioxidant & anti-inflammatory. Assists healthy digestive function.

The *Natural Lore of Rhythm* is a reminder to attune to the beat of our own heart, to feel the natural movement - the ebb and flow of life. When we recognise our own signature beat, we are participating and contributing without conflict of appealing or forcing our actions to align to another’s rhythm, allowing the fluidity of evolution and inspiration to occur as an innate flow.

UNITY - Emotional Balance & Sensuality Blend

The botanical in this blend have traditionally been used to Increase sensuality, Intimacy and deepen the experience of self-love, or intimacy with another. The medicinal qualities of this blend also assist with calming the nervous system, supporting the adrenals and is high in essential oils and nutrients. We call it the LIFE blend.

- **Damiana:** Known as an aphrodisiac, excellent nerve tonic and hormone balancer.
- **Lemon Balm:** Used to calm the nervous system and relieve anxiety.
- **Passionflower:** Lowers activity of the brain enabling deep relaxation to assist with stress and other imbalances.
- **Muiru Puama:** Enhances desire in both sexes, fortifies the nervous system.
- **Cinnamon:** Eliminates bad breath and aids digestion high in natural terpenes.
- **Liquorice Root:** Gently stimulates and balances adrenals, protects the liver and balances hormones.
- **Red Rose Petals:** sensual, evocative, and ignites the spirit of love in the heart and mind.

The *Natural Lore of Unity* reminds you that you are not separate from anything or anyone. When you can enter the space and experience of inner communion, it becomes known that nothing can exist outside or apart from you. All in your world is interconnected and as you move, so does the world.

VITALITY – Breathing & Allergy Blend

The botanical in this blend have traditionally been used to assist with breathing issues, asthma, maintaining a healthy immune system and creates an uplifting and emotionally balanced energy. Great alternative to coffee or other stimulants.

- **Lemongrass:** Contains Myrcene – precursor for terpene production. Maintains cell health, and well-known antimicrobial.
- **Elecampane:** One of the best-known herbs for healthy lung function, anti-fungal, warming and acts as a natural expectorant.
- **Yerba Mate:** South American herb used for smooth and balanced energy boost whilst assisting brain function and full of essential vitamins and minerals.
- **Rosemary:** Stimulates circulation and protects from bacterial infections.
- **Cinnamon:** High antioxidant and anti-inflammatory and assists healthy heart function whilst stimulating breathing.
- **Suma:** Known as Brazilian Ginseng increasing stamina and assisting healthy cell regeneration.
- **Pink Lotus Petals:** Soothing, calming and creates a gentle euphoria.

The *Natural Lore of Vitality* reminds us that with every breath comes life & to be conscious and aware of both our breathing and our life itself. When attuning to this Lore we can recognise that there is a higher power that both breathes the body and gives us our life force and to honour this deeply within and without.