



Nefer Kali Healing Guide

St Johns Bush



Suggested Use:

For St. Johns Bush tea, use 2 tablespoons of the herb and steep in 1-2 cups of boiling water for 15-20 minutes. After simmering, strain the tea and enhance the flavor with Agave or lemon as preferred.

For optimal results, begin consuming 2 weeks before you expect your menstrual cycle to begin.

This tea can also be taken when noticing an onset of pre menopause and menopause signs and symptoms.

Take no longer than 2 weeks at a time.

Thank you (or in our ancient language of Kamet, Tua U) for your support. Nefer Kali Healing provides high quality healing products to help aid and assist in building your life force.

Ingredients: Organic St Lucian St Johns Bush Leaves and Stems

Benefits of St Johns Bush

Anti-Inflammatory Properties: St. John's Bush is known for its effectiveness in reducing inflammation, which is beneficial for treating conditions like arthritis and soothing muscular discomfort.

Antimicrobial Effects: This herb has been traditionally used for its ability to combat bacterial and fungal infections, thanks to its antimicrobial properties.

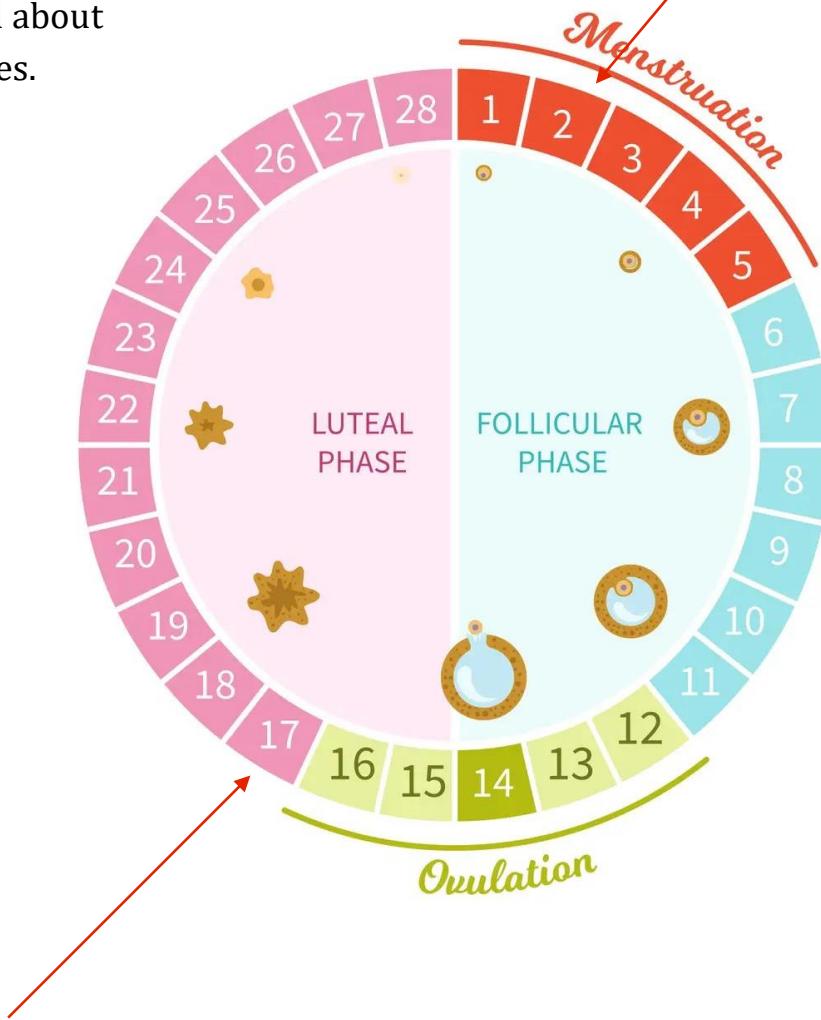
Menstrual Relief: St. John's Bush is often utilized to alleviate menstrual discomfort, helping to regulate menstrual cycles and providing relief from symptoms such as cramps.

High Flavonoid Content: The herb's distinctive red color is a result of its rich flavonoid content. These compounds are powerful antioxidants that protect the body against oxidative stress and may reduce the risk of certain chronic conditions. The red pigment is a natural indicator of the herb's potent health benefits, particularly in antioxidant support.

Menopause and Pre-Menopause Support: Beneficial for women experiencing menopause or pre-menopause, this herb helps manage symptoms like hormonal fluctuations and hot flashes.

Keep in mind every woman's body is different these are just round about time frames.

LAST day of drinking St Johns Bush Tea



Day 1 of drinking St Johns Bush Tea

Health Disclaimer

The information provided on this guide is for educational and informational purposes only and is not intended as medical advice. The content has not been evaluated by the Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure, or prevent any disease. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this guide. If you think you may have a medical emergency, call your doctor or emergency services immediately.