

Balancing HERBALS

Product Catalog



Wellness Products

We offer uniquely designed wellness products to support good health of body as well as mind. We believe that our body has the in-built intelligence to heal itself completely, if we may provide the right environment for that. Our products aim to provide just the right natural resources to the body to help unleash the healing powers which may lead to Good Health inside out. We use 100% Organic premium quality natural ingredients to create our products, without any added flavorings or fillers.

Herbal Teas

Our Herbal Teas aim to harness the innate intelligence of Mother Earth by using natural herbs in the form of fruits, flowers, leaves, roots, seeds. They have been specifically formulated based on the ancient knowledge of Ayurveda, in order to address any imbalances or toxic load in the body. They are not intended to cure any disorder, but may help support the body in bringing back its natural balance and harmony. Various herbs have an affinity for specific internal organs of our body and thus each one helps support optimum functioning at cellular level. They are also packed with many vitamins and minerals to support good health of various internal organs. As we all know that Wellness is a process, all these powerful herbs play a vital role in supporting our needs at every step of the way. Although our teas are highly effective whether they are enjoyed as hot or cold beverages, however it is best to enjoy them hot/warm for maximum benefits.

Tea Cleanse Pack



Our Tea Cleanse pack includes 1 pack each of the three teas which are recommended for 21-day body cleansing. These teas may help repair and cleanse the internal organs by promoting the breakdown of Visceral Fat which traps all the toxins around them. The Detox tea should be taken 20-30 minutes before breakfast or may be first thing in the morning. You may prepare the Digestive tea also in the morning and take it with you to work. You may keep sipping it in between meals or it may be taken 20-30 minutes before lunch. The Calming tea is best taken in the evening or at night before sleeping. It helps you to cool down and also helps to relax the nervous system.

Keep yourself hydrated throughout the day with 8-10 cups of purified water to support the cleansing process. It is also beneficial to take 2 tsp of Psyllium husk with a cup of water at night, while you take these teas. All the herbs in these teas have been added in the right amounts which may be suitable for even prolonged consumption. If you are experiencing beneficial results with this regimen, you may take a break for one week and again continue with the three teas as recommended. Even though, we may not be able to completely avoid the environmental toxins and food additives from our life, we may choose to take care of our health by adding these beneficial teas to our daily diet.

Health Benefits

- | | | |
|-----------------------|------------------|---------------------|
| + Healthy Digestion | + Immune Support | + Rejuvenating |
| + Liver Support | + Colon Support | + Mood Enhancer |
| + Healthy Hair & Skin | + Blood Purifier | + Energy Booster |
| + Calming to nerves | + Stress Support | + Anti-inflammatory |

<http://BalancingHerbals.com>

Tea Cleanse Mini Pack



This small pack contains 7-day supply of all the three teas for Whole Body support. These teas may help repair and cleanse the internal organs by promoting the breakdown of Visceral Fat which traps all the toxins around them. The Detox tea should be taken 20-30 minutes before breakfast or may be first thing in the morning. You may prepare the Digestive tea also in the morning and take it with you to work. You may keep sipping it in between meals or it may be taken 20-30 minutes before lunch. The Calming tea is best taken in the evening or at night before sleeping. It helps you to cool down and also helps to relax the nervous system.

Keep yourself hydrated throughout the day with 8-10 cups of purified water to support the cleansing process. It is also beneficial to take 2 tsp of Psyllium husk with a cup of water at night, while you take these teas. All the herbs in these teas have been added in the right amounts which may be suitable for even prolonged consumption.

Health Benefits

- | | | |
|-----------------------|------------------|---------------------|
| + Healthy Digestion | + Immune Support | + Rejuvenating |
| + Liver Support | + Colon Support | + Mood Enhancer |
| + Healthy Hair & Skin | + Blood Purifier | + Energy Booster |
| + Calming to nerves | + Stress Support | + Anti-inflammatory |

Gentle Detox Tea



Our Detox Tea is filled with natural herbs to support gentle detoxification of liver, kidneys and colon. They work in synergy to help the body get rid of toxic waste and in bringing back natural balance at cellular level. You may add 1-2 tsp of Raw Apple Cider Vinegar (e.g. Bragg) and raw honey to enhance the benefits of this tea. Enjoy 1-3 cups everyday as a step towards vibrant health.

Health Benefits

- | | | |
|---------------------|------------------|------------------|
| + Healthy Digestion | + Immune Support | + Rejuvenating |
| + Liver Support | + Colon Support | + Energy Booster |

Digestive Aid Tea



This tea contains herbs that work in synergy to support the complete digestive system. It helps in destroying the colonies of bad bacteria and scrubbing out the toxic build-up from the intestinal walls. It is best to enjoy a cup of this tea 30 minutes before meal to help ignite the digestive fire and prepare the body for optimum digestion. You may add 1-2 tsp of Raw Apple Cider Vinegar (e.g. Bragg) and raw honey to enhance the benefits of this tea.

Health Benefits

- + Healthy Digestion
- + Immune Support
- + Rejuvenating
- + Healthy Hair & Skin
- + Blood Purifier
- + Energy Booster

Calming Stress Relief Tea



This tea has a blend of special cooling herbs to help relax your racing mind and nerves. These herbs are known to support the adrenals and also help in cleansing of kidneys and colon. It is best to enjoy a cup of this calming tea in the evening to help you unwind and enjoy a restful sleep. You may add 1-2 tsp of raw honey to enhance the benefits of this tea.

Health Benefits

- + Calming to nerves
- + Stress Support
- + Healthy Digestion
- + Mild Sleep Inducer
- + Mood Enhancer
- + Rejuvenating

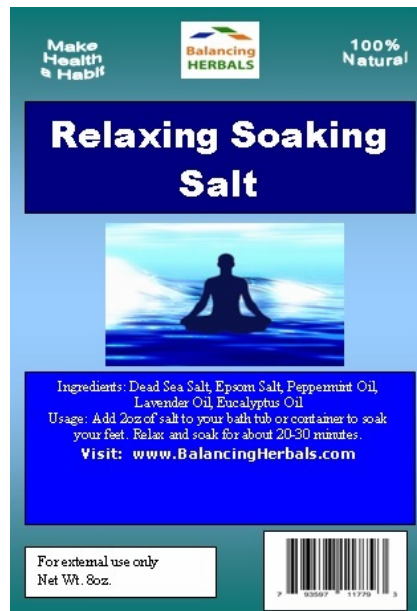
Cough/Cold Relief Tea



This tea has been formulated with all the natural herbs that support our respiratory system and help clear the mucus and irritation related to common cough and cold. It also supports the immune system and helps in easing the common symptoms of flu. You may enjoy 1-3 cups of this tea in a day to help ease the symptoms. It is suggested to add 1-2 tsp of raw honey and fresh lemon juice (optional) to enhance the benefits of this tea.

- | | | |
|-----------------|------------------|------------------|
| + Lung Support | + Immune Support | + Rejuvenating |
| + Detox Support | + Cough Soothing | + Allergy Relief |

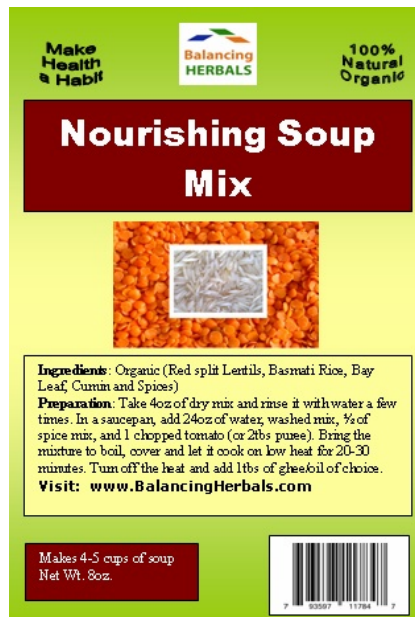
Relaxing Soaking Salt



Our soaking salts are handcrafted using the best quality Dead Sea Salt, Epsom Salt and therapeutic grade Essential Oils. These salts can be added to bath water for a relaxing bath or may be added to a large pot for soaking feet. Either way, they help support removal of toxins from body as well as induce relaxation to soothe sore muscles. The Essential oils promote deep relaxation of body and mind.

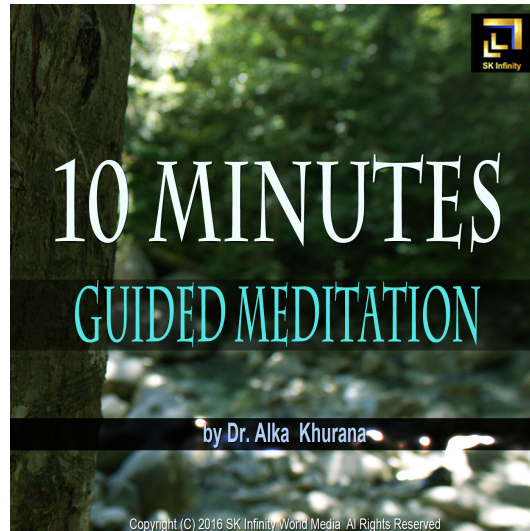
Dead Sea Salt's unique mineral composition gives this salt its therapeutic qualities for skin care. While most sea salts are primarily Sodium Chloride; Dead Sea Salt is comprised of 21 beneficial minerals including: Magnesium, Potassium, Calcium, Iodine, Bromide, Sodium, Zinc, Sulfur and many more. It is also a safe, natural alternative to help treat skin conditions such as psoriasis, acne, eczema etc. Epsom salt gives an extra boost of magnesium to help relax sore muscles and soften skin. The essential oils that have been added to the blend promote relaxation to the nerves as well as help expel the toxins from the body. They provide aromatherapy benefits as the healing vapors are released during the soak. Your skin also absorbs the required minerals through this process. It may be repeated once or twice a week.

Nourishing Soup Mix



Our soup-mix is high in nutritious value, and may be taken as a complete meal along with some veggies or salad. It has the right combination of easy to digest carbohydrates, fiber and protein. It also contains specially formulated organic spice-mix which helps in digestion and adds aroma to the prepared soup. You may add any veggies of your choice to it to enhance the nutritional value and taste. During the 21 day cleansing program, it is recommended to eat this easy to digest soup at all meals, however you may choose to take it as frequently as you like.

10 Minutes Guided Meditation CD



It is a collection of 5 Guided Meditations to help you begin or support your daily meditation practice.

Track 1 - Body Relaxation

Track 2 - Love Energy Meditation

Track 3 - Mind Reflection

Track 4 - White Light Meditation

Track 5 - Blue Light Expansion Meditation

10 Minutes EFT Tapping Meditation CD



It is a collection of 5 EFT Tapping meditations to help you easily come out of the negative emotional states which might be contributing to the stress in your life.

Track 1 - EFT Tapping Meditation to release Stress

Track 2 - EFT Tapping Meditation for Low Self-Esteem

Track 3 - EFT Tapping Meditation for Anger

Track 4 - EFT Tapping Meditation for Anxiety

Track 5 - EFT Tapping Meditation for Forgiveness

Diet Guidelines for 21-day Whole Body Cleanse

Whenever we do any cleansing program, our body naturally increases the Vata dosha, in order to efficiently expel the toxic waste. Therefore, during the cleansing period, it is recommended to eat vata pacifying light and warm meals, which are easy to digest for the body. Ayurveda suggests taking mono diet of Khichari (made with lentils and basmati rice) during the cleansing period for maximum benefits. You may choose items from the “Food to Favor” list to create your daily meals and also try to avoid the items from “Food to Avoid” list during this period.

Food to Favor

- Cooked vegetables like all varieties of squash, carrots, peas, green beans, broccoli, asparagus, onion, tomato, sweet potatoes, red potatoes, bok choy, mushrooms, beets, celery, kale, chard etc. Small portion of salad greens mixed with lime juice/ apple cider vinegar and extra virgin olive oil.
- Warm soup/meal made from lentils and basmati rice in equal quantities with some warming spices and ghee.
- Sweet fruits like cantaloupe, mango, figs, dates, bananas, strawberries, blueberries, cherries, avocado, peaches, grapes etc.
- Good fats like coconut oil, ghee (clarified cultured butter), olive oil, sesame oil, avocado oil, grape seed oil etc.
- Whole grains like cracked wheat, rice, oats, sprouted wheat bread, sourdough wheat bread etc.
- Protein rich foods like red lentils, split mung beans, toor beans, home made cheese, cottage cheese, light mozzarella cheese, yogurt, boiled milk, nuts and seeds etc.
- Fresh herbs like mint, cilantro, basil, ginger, garlic, dill etc. You may add these to your water also for flavoring.
- All spices in moderation except peppers.
- Fiber from fresh ground flax seeds, chia seeds, hemp seeds, psyllium husk etc. It is good to consume 1-2 tsp of psyllium husk with a glass of water every night during your detox period.
- Natural sweeteners like raw honey, black strap molasses, jaggery, raw sugar etc. and use only natural salts like sea salt, Celtic salt, rock salt (black salt), Himalayan pink salt etc.
- Fermented vegetables, sauerkraut, miso soup etc. with warm meal.
- Plenty of purified water. You may add some lemon/lime or fresh herbs to flavor your water.
- If you are non-vegetarian, consume only small quantities of organic eggs or wild fish during this period.

Food to Avoid

- Raw vegetables and big portions of cold salads
- Sour fruits
- Hydrogenated oils in packaged/processed food items and all refined oils(except if cold pressed)
- Cold beverages, ice cream, soda, frozen yogurt etc.
- All varieties of poultry and meat
- Black coffee, tea, caffeinated drinks etc.
- Deep fried foods
- Sweets, candies, cakes, pastries etc.
- White bread and foods made with white flour
- Heating spices and peppers
- Fast foods (try to eat wholesome nutritious meals)

How to support Natural Whole Body Cleansing

Our body has an in-built intelligence to maintain good health as it is constantly working to eliminate any undesired substances or toxins from it. Everyday we are exposed to so many toxins in our air, water, food, cleaning products and self care products etc. Much toxic waste is also generated within the body whenever we experience negative states of mind, under stress or if there are some nutritional deficiencies in the body which lead to incomplete digestion of food. Although our body is working to expel these toxins everyday, it has a limited in-built capacity to do so. Over time, these toxins may build up in the body and affect our overall health. We may experience symptoms such as occasional fatigue, constipation, bloating, heart burn, allergies, headaches, joint stiffness, mental fog, imbalanced hormones, blemishes, salt/sugar cravings etc. Therefore, it is very important for us to support regular internal cleansing of our body to be able to feel amazing all the time.

Balancing our diet and lifestyle are the foundations to good health and longevity. Our first line of action should be to try to eliminate toxic exposure from our water, food and self care products etc. by drinking purified water, consuming local organic produce and using natural cleaning and body care products. Then we should focus on eating a balanced diet to nourish our body and learning ways to take care of stress for balanced lifestyle. We may supplement our diet with natural herbs that support flushing of toxic waste from our internal organs. Taking whole herbs in the form of teas is the gentlest way to introduce them to our body and it is also very effective in harnessing the powerful cleansing compounds from them for supporting good health of our internal organs. When the herbs are used in their most natural form, all of their beneficial compounds that support internal detoxification process are preserved. Various herbs have a natural affinity for a particular organ of our body and they also carry the right amount of vitamins and minerals to support the good health of that organ. Uses of natural herbs have been always prevalent in many cultures since the ancient times.

Based on the ancient knowledge of Ayurveda and also supported by many studies done in modern time, we have formulated whole herb mixes to provide support for body's natural detoxification processes. These herbs may be prepared as tea decoctions, and consumed everyday along with

regular nutritious diet to support natural internal cleansing as well as optimum functioning of our internal organs. Although you may choose any of our herbal teas to support your health, we suggest to take following three teas together for their synergistic effect on the whole body.

- [Gentle Detox Tea](#) everyday before breakfast with organic raw Apple Cider Vinegar and raw honey
- [Digestive Aid Tea](#) everyday before lunch with organic raw Apple Cider Vinegar and/or raw honey
- [Calming Stress Relief Tea](#) every evening or at night with some organic raw honey

The quantity of herbs used in our proprietary tea blends is safe to consume for prolonged use with a week's gap in between. It is also recommended that you use our [Relaxing Soaking Salt](#) once/twice a week for your bath/foot soaks while you are consuming these three teas. It helps to aid the cleansing process by eliminating toxins through your skin.

Here are some more tips to help your body maintain a healthy balance of nutrients, while you are cleansing your internal system with these herbs which carry the innate intelligence of mother earth to support our bodies.

- Consume **Whole Grains** from sources such as cracked wheat, millet, buckwheat, barley, quinoa, rye, basmati rice, wild rice, and brown rice—all of which provide added fiber while cleansing. You may also prepare a nourishing soup with a mix of lentils, whole grains and some vegetables for a complete meal.
- Eat plenty of **raw organic fruits and veggies**. Vegetables may also be lightly steamed for easy digestibility. Add a bowl of salad greens with some avocado to your daily diet. You may also prepare a small cup of fresh veggie juice with some carrots, beets, celery, kale, ginger and mint.
- Consume **Good Fats** from organic sources such as Virgin Coconut oil, Extra Virgin Olive oil, Ghee (prepared by low-heat boiling and clarifying of cultured organic butter), Grape seed/ Sesame oil (for sautéing). Olive oil may be added to salads and should be added to cooked food only after the cooking has stopped, and Ghee and Coconut oil may be used for low heat cooking or sautéing. The beneficial Omega-3 fats may be derived by consuming oily fish (or as mercury-free fish oil supplements) and certain nuts and seeds.
- Drink plenty of **purified water** to help to flush unwanted toxins and waste from the body. A good rule of thumb is to drink 8-10 cups of purified water every day. You may add fresh herbs like mint, cilantro and basil etc. to your drinking water for better taste as well as health benefits. Lemon and cucumber may also be used for slightly alkalizing your drinking water.

- Consume **Fiber** as soluble as well as roughage for healthy elimination through regular bowels. Green veggies, lentils and whole grains are good sources of fiber in your diet. As a supplement, take 2 tsp of **Psyllium Husk** with 10-12 oz of water every night or every other night to help efficient elimination of toxins from the colon.
- Use **Mineral-rich Salt** like Celtic salt, Sea salt, Rock salt or Himalayan pink salt to naturally supply the trace minerals to your body, which are very important for healthy cell regeneration. Also in order to preserve all the minerals in the salt, it should be added after the cooking of food has stopped.
- Supplement your diet with natural fermented foods containing **probiotics** such as yogurt, kefir, miso, sauerkraut, Kim chi and temp eh etc. You may also choose to buy any good quality supplement if you do not consume these foods regularly.
- **Eliminate through Skin** by soaking your whole body in a bath tub or soaking just your feet, for 20-25 minutes. Add 2 oz of “Relaxing Soaking Salt” to your bath/foot water to help flushing of toxins through your skin which is the largest elimination organ of your body. Your skin also absorbs the required minerals through this process and it may be repeated once or twice a week.
- **Learn to manage Stress** and Toxic Thoughts/Emotions. How much we get affected by any stressful situation varies from person to person. As part of healthy lifestyle, we must learn and practice various techniques to promote relaxation in our body and mind. [Meditation](#) practice has been used since ancient times to promote relaxation and heightened awareness of mind. You may practice daily with our [recorded meditation tracks](#) to easily get the benefits of deep meditation without having to struggle to do so. The [Guided Meditations](#) may be very helpful in releasing stress from your physical body as well as helping you move through the maze of your thoughts with ease. The [EFT Tapping Meditations](#) are especially helpful in taking care of the negative emotional states that we indulge in from time to time. You may read our earlier post about “How to do EFT Tapping Meditation” to begin your practice with these tracks. Practicing short meditation everyday is much more beneficial in inculcating the habit of sitting still rather than practicing for longer duration sporadically. Try to assign just 10 minutes of your time for daily practice with any of the meditation tracks. Over a period of time, it'll become an integral part of your lifestyle and you'll notice that you no more react overwhelmingly to stressful situations. You'll be able to experience more calmness, fulfillment and joy in your daily life.

Disclaimer: All the information presented here is for educational purposes only and it has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. Consult with your health care professional regarding any medical conditions and the supplements you take. These products are not recommended to use if you are allergic to any herbs (e.g. ragweed), pregnant or nursing a baby.

THANK YOU