

# **Wild Ancestral Nourishment**

## **Tea Blends Menu**

- Shipping within Canada only, I can put up to 3 tea blends letter mail for \$7 shipping.
- If you order more, it will be Canada prepaid boxes: \$20, \$23, \$26 or \$29 shipping fees.
- All payments by Etransfer to malikasellami@yahoo.ca
- Free deliveries in Saskatoon on certain days on all orders over \$60.
- Also available: Beef Tallow balms, Yoni Steam blends, Solo herbs, Smoking blend, Smudge blends, Clearing Fans, etc.

### **1. Wild Heart Tea Blend \$15**

Purpose: Nourishes the blood, soothes the nervous system, and brings clarity.

Ingredients: Nettle, rose hip, linden leaf, rose petals, yarrow, sea buckthorn leaves, spearmint.

### **2. Focus Pocus Tea Blend \$16**

Purpose: Vibrant Herbal mix designed to awaken clarity, uplift the spirited support gentle focused clear mental fog.

Ingredients: Tulsi, lemon balm, peppermint, ashwaganda root, rose petals, licorice root.

### **3. Moon Time Tea Blend \$15**

Purpose: Mineral-rich, womb-loving, hormone-balancing, cramp-easing, and replenishing.

Ingredients: Raspberry leaf, oat straw, red clover, spearmint, yarrow, catnip, horsetail, spruce tips.

### **4. Fountain of Youth Tea Blend \$17**

Purpose: Supports cellular vitality, hormonal harmony, and graceful aging.

Ingredients: Saskatoon berries (in season) or wild blueberries, yarrow, red clover, nettle, goji berries, raspberry leaf, spearmint, cinnamon bark.

### **5. Inner Bloom Tea Blend \$16**

Purpose: Detoxifying, balances pH levels, renews energy flow, and supports adrenals.

Ingredients: Milk thistle seed, licorice root, lemon balm, St. John's wort, star anise, ashwagandha.

### **6. Moonlight Dreamer Tea Blend \$17**

Purpose: Calms nervous system, opens the heart, grounds, eases tension, and invites deep rest.

Ingredients: Chamomile, lemon balm, mulberries, damiana, marshmallow root, turmeric root, burdock root.

### **7. Immunitea Tea Blend \$17**

Purpose: Supports immunity, strengthens the body's defence, and promotes respiratory health.

Ingredients: Elderberry, astragalus, mullein, Scots pine, spruce tips, yarrow, oregano, hibiscus.

## **8. Mama Nourish Tea Blend \$15**

Purpose: Mineral-rich, heart-soothing and womb-supporting.

Ingredients: Raspberry leaf, lemon balm, rose, hibiscus, calla lilac, mullein, fennel, alfalfa.

## **9. Serenitea Tea Blend \$15**

Purpose: Supports digestion, soothes the nervous system, and reduces inflammation.

Ingredients: Ginger root, lemon verbena, tulsi, raspberry leaf, peppermint.

## **10. Gentle Flow Tea Blend \$15**

Purpose: Cooling, clearing, grounding, supports lymphatic flow, liver health, and immune resilience.

Ingredients: Cleavers, clover, calendula, spearmint, dandelion root, Scots pine needles.

## **11. Clear Lungs Tea Blend \$15**

Purpose: Respiratory support, throat soothing, and anti-inflammatory.

Ingredients: Marshmallow root, mullein, licorice root, oregano, ginger root, spearmint.

## **12. Crystal Vision Tea Blend \$17**

Purpose: Opens inner energetic channels, deepening intuition, clarity and truth.

Ingredients: Damiana, mugwort, rose petals, chamomile, calendula, oat straw, horsetail.

## **13. Root & River Tea Blend \$16**

Purpose: Supports Kidneys & Lymphatic system, gentle movement without depletion. Mineral rich encouraging healthy fluid flow, nourish the body for grounding & clarity.

Ingredients: Nettle, Dandelion root, cleavers, lemon verbena, spearmint, rose petals, goldenrod.

## **14. Citrus Bliss Tea Blend \$16**

Purpose: Nourishing with minerals & vitamin C, bitters for digestions, gut health, urinary tract, hydration, nervous system

Ingredients: Citrus Peels, nettle, alfalfa, tulsi, marshmallow root, fennel

All ingredients are organic or wild harvested on the land where I live, near Cudworth SK  
Thank you for your support with my small batch high frequency business~

**Malika Sellami**

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[thechantingqueen.com/wildancestralnourishment](http://thechantingqueen.com/wildancestralnourishment)