

Herbal Teas for Blood Pressure & Detoxification

This guide highlights commonly used herbal teas that may support healthy blood pressure levels and promote gentle detoxification. These teas are supportive wellness options and not a substitute for prescribed medical treatment.

For Lowering Blood Pressure

- **Hibiscus Tea** — May help lower systolic and diastolic blood pressure. Rich in antioxidants.
- **Green Tea** — Supports cardiovascular health and improves blood vessel function.
- **Chamomile Tea** — Promotes relaxation and may help reduce stress-related blood pressure elevation.
- **Lavender Tea** — Calming effects that support stress reduction and heart health.
- **Olive Leaf Tea** — Traditionally used to support healthy blood pressure and circulation.

For Detoxification

- **Dandelion Root Tea** — Supports liver function and natural detox pathways.
- **Milk Thistle Tea** — Known for liver-protective properties.
- **Ginger Tea** — Aids digestion and supports toxin elimination.
- **Turmeric Tea** — Anti-inflammatory and supports liver detoxification.
- **Parsley Tea** — Mild diuretic effect that supports kidney cleansing.

Preparation Tips

- Use 1–2 teaspoons of dried herbs per cup of hot water.
- Steep for 5–10 minutes unless otherwise directed.
- Drink 1–2 cups daily unless advised differently by a healthcare provider.

Important Notes

Some herbs may interact with blood pressure medications or medical conditions. Pregnant or breastfeeding individuals should consult a healthcare professional before using herbal teas regularly.