Anti-Inflammatory Tincture - Calm Whispers

DESCRIPTION

A Cooling Blend That Calms Inflammation

Inflammation sits behind so much everyday discomfort — and this blend of seven time-honored herbs cools it and eases the heat, soreness, and aches that come with it. The great traditions reached for these very roots and spices long before "inflammation" had a name, and the science now agrees they calm it.

The blend:

- **Turmeric** — Ayurveda's golden root (*Haridra*), one of the most studied anti-inflammatory botanicals on earth.
- **Ginger** — the "universal medicine" of Ayurveda; works with turmeric and helps the body absorb it.
- **Cinnamon** — a warming, antioxidant-rich spice that eases inflammation and supports circulation.
- **Dragon Apple Root** — a cooling root rich in plant antioxidants.
- **Holy Basil (Tulsi)** — Ayurveda's sacred adaptogen for stress and balance.
- **Black Pepper** — unlocks turmeric's absorption (the *trikatu* principle).
- **Skullcap** — a calming Western nervine.

What it does: calms inflammation, eases everyday aches, soreness, and heat, and helps cool and rebalance the body — powered by some of the most research-backed anti-inflammatory plants there are.

How to use: take 1–2 droppers (about 1–2 ml) under the tongue or in a little water, 2–3 times daily or as needed. For best absorption, hold under the tongue for 30–60 seconds before swallowing. Shake well first.

Disclaimer

This is a handcrafted herbal extract. It is not intended to diagnose, treat, cure, or prevent any disease, and it is not a substitute for medical care for a serious or persistent condition.

We recommend consulting a qualified integrative healthcare professional before use — especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important safety information:

- For internal use.
- Contains alcohol (vodka) unless you choose the glycerin-only version.
- Not recommended for children. Keep out of reach of children.
- Store in a cool, dark place. Shake well before each use.
- Results may vary. Always use as directed.
