



BY INGE SABITZER

slightly bitter – flowery – beneficial

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The main health-promoting active ingredients

Flavonoids: secondary plant compounds belonging to the group of polyphenols. These benefit the immune system by protecting and activating different cell types. They have an antioxidant effect.

Tannins: anti-inflammatory effect and help with digestion.

Essential oils: determine taste and smell of the respective herbs. They are antibacterial and soothing.

What's special about 'Lavanttaler Lymphtee' and when to use it

Strengthens the immune system, by activating and protecting cells. It also helps the lymphatic system which is an essential component of the immune system.

Anti-inflammatory, due to the secondary plant compounds in the herbs. This anti-inflammatory effect can help to reduce symptoms of the disease Lymphedema.

Controls hydration regulation, by supporting the removal of accumulated water in lymph nodes. This promotes decongestion. The same ingredients are used in KPE (Complex Physical decongestion therapy)

Dr. med. Walter Döller,
former head and founder of
Lymphklinik Wolfsberg:

I recommend the highly digestible 'Lavanttaler Lymphtee' as an accompanying therapy in lymphedema. It combines effect and enjoyment and provides a proactive feeling of participation in the therapy. It helps gain psychological strength and calmness and to face the clinical picture calmly.

PHARMACY INFORMATION - 'LAVANTTALER LYMPHTEE'

Preparation - 2 cups per day - pour ½ liter freshly boiled water over 1 tablespoon of the herbs.

Steep for 6–8 minutes before straining. Drink it lukewarm unsweetened and slowly.

The berries contained in herbal tea can be crushed. It helps the tea become even more effective and slightly fruity.

Ideally drink in the afternoon on an empty stomach to improve digestion.

Duration of application - The medical herbal tea should not be drunk everyday on a permanent basis.

As a therapeutic tea 3-4 weeks are beneficial. After that please insert break weeks with other teas inbetween.

Side effects - There are no known side effects so far. However, it is important to ensure adequate hydration by drinking enough neutral liquids every day. At least 1 ½ liters plain water per day, in addition to the 1-2 cups tea. Tap water, still water and low-sodium mineral water are all suitable.

However, an exception should be made if a doctor has prescribed a reduced fluid intake due to a specific condition.

Storage - Seal airtight, store in a cool and dry place.

Composition - the components of the medical herbal tea are mentioned on the tea packs.

For inquiries and telephone orders, please contact:

 **team santé**
Barbara Apotheke

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