

Quell



Availability: In Stock
Weight: 1.60oz

Price: \$8.00

Short Description

An herbal blend with anti-inflammatory, antioxidant, and adaptogenic properties that may help to reduce chronic pain caused by inflammatory conditions.

Description

Inflammation is a necessary part of the body's innate immune system. Inflammation can be a fever that fights infection, it can be how our body tries to heal damage, or it can be how our body tells us to "Slow down!"

Inflammation is not all bad, but it can become a problem if it gets out of control, and it can make our lives miserable. Excessive acute or chronic inflammation can be like a burning sensation within us, which can sometimes make us hurt all over or make us feel like our joints are on fire.

Quell the inflammatory fire within you. Centuries of use of these herbal ingredients have demonstrated that they can be an effective part of your self-care regimen.

Suggested uses

Quell is recommended for reducing the symptoms of acute or chronic inflammatory conditions.

Prepare one eight-ounce infusion and drink it once each day, either warm or cold. Drinking it in the morning may help make your day more comfortable; while drinking at night may help you sleep more comfortably and wake up more refreshed. This can be used both morning and night if desired.

If it is more convenient, a larger batch of infusion can be prepared ahead of time and

stored in the refrigerator.

How to use

Place one measuring teaspoon of Quell in a tea infuser or a self-made teabag (available for purchase here). Pour eight (8) ounces of very hot (boiling) water over the infuser or tea bag and allow it to steep for five to ten minutes. The infusion should be red in color when ready. Drink when cool enough. [You can find an article on how to prepare tisanes here.](#)

To prepare one quart of infusion to store in the refrigerator and drink later, use four measuring teaspoons of Quell in a large infuser or four separate teabags, using the same technique as above. .

To prepare one half gallon of infusion, use three tablespoons of Quell, using the same technique as above. You can find an article on how to prepare tisanes here.

If you prefer to filter your infusion after steeping it, just add the correct amount of Quell to the hot water and then strain out the particles using a fine-mesh strainer or four layers of cheesecloth.

Properties

The ingredients of this product have been characterized as having the following properties... Adaptogen, Anodyne, Antiarthritic, Antiasthmatic, Antibacterial, Antibilious, Antibiotic, Anti-inflammatory, Antimicrobial, Antimutagenic, Antineoplastic, Antioxidant, Antiperiodic, Antirheumatic, Antiscorbutic, Antiseptic, Antitussive, Antiviral, Aphrodisiac, Aromatic, Astringent, Blood purifier, Cholagogue, Demulcent, Deobstruent, Diaphoretic, Digestive, Diuretic, Emollient, Expectorant, Febrifuge, Hypotensive, Immune stimulant, Immunomodulation, Kidney, Mouthwash, Narcotic, Poultice, Purgative, Refrigerant, Resolvent, Sedative, Stimulant, Stomachic, Tonic, Urinary, Vasodilator, Vulnerary.

Precautions

Not recommended for use while pregnant or nursing.

Avoid using for a two week period before surgery.

Large doses might cause stomach upset, diarrhea, and vomiting. Avoid using if you have ulcers.

May interact with medications that decrease the activity of the immune system, reducing their effectiveness.

May increase thyroid hormone levels, causing too much thyroid hormone in the body, increasing the effects and side effects of thyroid medications.

May increase the effects of sedative medications, increasing their actions.

May lower blood sugar levels. Taking along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

May lower blood pressure. Taking along with medications that lower blood pressure might cause blood pressure to go too low. Monitor your blood pressure closely.

May cause reactions in those who have allergies or sensitivities to plants in the nightshade family.

In rare cases, may cause liver problems.

Ingredients

Hibiscus (*Hibiscus sabdariffa*), Ashwagandha (*Withania somnifera*), Cat's claw (*Uncaria tomentosa*), Cinnamon (*Cinnamomum cassia*), Eucalyptus (*Eucalyptus globulus*), Ginger (*Zingiber officinale*), Green tea (*Camellia sinensis*), Stinging nettle (*Urtica dioica*), Ascorbic acid, White willow (*Salix alba*), Stevia (*Stevia rebaudiana*).