TIP #021

TIP OF THE WEEK

RASPBERRY LEAF TEA FOR MENSTRUAL CRAMPS

TERTIARY PREPPER™

THE PROBLEM

Severe menstrual cramps can cause intense lower-abdominal discomfort and interfere with normal activity.

THE SOLUTION

Raspberry leaf tea has long been used to help with menstrual cramps. Research is limited, so use it for comfort—not severe pain.

MATERIALS NEEDED

- ✔ Dried raspberry leaves
- ✔ 8–12 oz. water
- ✔ Kettle or pot
- ✔ Mug & Strainer



QUICK STEPS

1. **Boil 8–12 oz. water.**
2. **Steep 1–2 tsp. leaves for 10 minutes.**
3. **Strain and drink warm.**

THINGS TO REMEMBER

- ✓ Raspberry leaf tea is not raspberry fruit tea.
- ✓ Herbs can interact with medications.
- ✓ Severe or unusual pain? See a doctor.

COMMON MISTAKES

- ✗ Natural doesn't mean risk-free.
- ✗ Don't confuse leaf tea with fruit tea.
- ✗ Don't ignore severe pain.

FIELD NOTES

- ✓ Store dried leaves cool, dry and sealed.
- ✓ Clearly label harvested or dried plants.
- ✓ **SPECIAL CAUTION! Pregnant? Ask your doctor before use.**

TERTIARY TAKEAWAY

Traditional remedies add another layer, but know their limits. Raspberry leaf tea may help with comfort—not severe pain.



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SOURCE: What Does Raspberry Leaf Tea Do for Periods? - ScienceInsights