

Smooth Move Tea



Smooth Move Tea” can be the alternative which you are looking for to resolve constipation during a SHTF situation? It only seems logical that medical facilities will be non-existent and prescription drugs or pharmacy products will simply not be available. If you are like me you are searching ahead of time for items to use if and when those days occur.

Just about everyone at one time or another will experience constipation. How well we remember being uncomfortable and embarrassed. Above all it presents a real damper on the life process.

The main ingredient in this tea is Senna. This product has been used for thousands of years to achieve a regular “movement”. Senna works by gently stimulating the intestines and aiding with your body’s natural elimination process. This treatment is traditionally combined with fennel, coriander and ginger to reduce any potential of unpleasant feelings such as cramping.