



Kevin Miller Of The Oz Health Shop Announces That Smoke From The Damiana Herb Can Help To Relieve Stress

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Kevin Miller from OZ Health Shop has revealed that herbal smoke from Damiana can help to reduce mild to severe levels of stress and anxiety in individuals. The herb, which is a product of the low lying Tumera shrubs of Mexico, Central America, and the West Indies has been used for centuries to improve cases of depression and anxiety in many people. It can be found in several forms including pills, teas, liquids, as well as extracts.

Meanwhile, Miller has also stated that when a person chooses to smoke or vape the herb, it can also induce a mild euphoric high. This "high" that is experienced from vaporizing Damiana can be described as anything from mildly relaxing to something similar to the highs obtained from cannabis. In his comparison of vaporizing damiana to other similar herbs that are also considered to be natural relaxers, he declared that Damiana will not cause drowsiness as others do but will give a person an energy boost instead.

The effects of the drug are considered to be quite pleasant. As one other user described it, "Smoking Damiana or drinking Damiana tea usually brings on a pleasant euphoria and a mild high which lasts for about sixty minutes." Some have even claimed that the relaxing effects can bring on an easy sleep followed by

distinct lucidity and erotic dream states. Some experts believe that the dream state could be the result of Damiana's effects on the body's sexual system.

According to Elena Carey of Healthline, there are many claims that also credit the drug as an aphrodisiac for both men and women. She says that "Damiana's use as an herbal remedy predates written history. By the time the Spanish crossed the Atlantic, indigenous cultures seemed to have already been using it for centuries as an aphrodisiac and bladder tonic."

There is some debate as to the reason why Damiana can produce the results that it can provide over the years. In addition to boosting one's libido and reducing anxiety levels, others have claimed that it can treat an entire array of disease symptoms ranging from diabetes to bladder relief.

Miller also states that Damiana can be effective in helping people to quit a cannabis habit by using it as a substitute; by switching to Damiana they can get a more relaxed high but still have the same experience of rolling the herb into a joint as a way of satisfying their cravings for cannabis.

While Miller is sure that the benefits of Damiana can be effective in many cases, he also warns that caution be taken when using it as an herbal smoke. There are always risks of allergies, interactions with other drugs, and other dangers to be watchful of. He recommends that anyone considering vaporizing Damiana seek the advice of a professional before they decide to use it.

Those who would like to learn more about the effects of using Damiana can use the contact details below to request more information:

Contact: Kevin Miller

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For more information about OZ Health Shop, contact the company here: OZ Health Shop Kevin Miller 877-996-3335 kevin@ozhealthshop.com OZ Health Shop, LLC 1270 Caroline Street Suite D120-127 Atlanta, GA 30307

OZ Health Shop

OZ Health Shop is an online store that is dedicated to herbs and supplements. We are staffed with people who CARE. If you need help with picking out an herb or supplement, or just simply want to talk to a human.... WE ARE HERE.

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