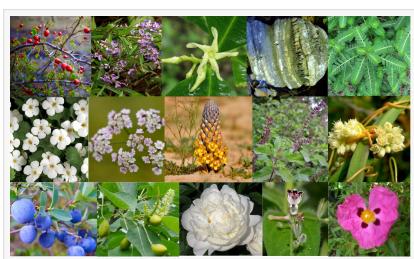


Take the Linden Botanicals Self Care Challenge and Receive a Free Herbal Extract

Anyone who completes the Self Care Challenge by 3/31/22 will win a free 20g extract. Linden Botanicals will mail the extract at no cost, U.S. shipping included.

DENVER, CO, UNITED STATES, March 1, 2022 /EINPresswire.com/ -- To encourage people to add themselves to their priority list in the month of March, Colorado-based Linden Botanicals has launched the Self Care Challenge. The challenge involves simple activities on a printable board, all aimed at helping people improve their health and wellbeing. The



Self Care Challenge participants who complete the challenge can choose a free 20g herbal extract.

challenge will run from March 1, 2022, through March 31, 2022.

Anyone who completes the challenge can choose a healthy 20g Linden Botanicals extract

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The Self Care Challenge will allow people to reassess the daily practices that contribute to their wellbeing and try a free herbal supplement that has the potential to support their health goals."

Michael Van der Linden, Owner of Linden Botanicals (roughly 20 servings). Linden Botanicals will send the chosen extract to those who complete the challenge at no cost, U.S. shipping included (international shipping extra).

"Self care involves identifying and honoring regular practices that can keep you physically and psychologically healthy," says Linden Botanicals Chief Marketing Officer Carolyn Daughters. "Self care also involves checking in with yourself daily to increase the odds that you're making intentional, smart choices that contribute to your long-term wellbeing, your ability to care for those who matter most to you, and your ability to support the needs of the greater community."

Anyone can take part in the Linden Botanicals Self Care Challenge. No purchase is necessary. To get started, participants should <u>download the Self Care Challenge board</u> and then complete at

least 20 of the simple activities on the board between March 1, 2022, and March 31, 2022.

Upon completing the challenge, participants can choose the Linden Botanicals healthy herbal extract they would like to receive. Available extracts include Cistus incanus, Phyllanthus niruri, Cryptolepis sanguinolenta, Agarikon mushroom (Laricifomes officinalis), Andrographis paniculata, Cistanche tubulosa, Rosa rugosa (rose hips), and Semen cuscutae. Available extracts also include Vaccinium uliginosum (bilberry), Tulsi (Ocimum sanctum), Haritaki (Terminalia chebula), Paeonia lactiflora (white peony root), Polygala tenuifolia, and Bacopa monnieri.

"I chose every one of the healthy herbal extracts we sell at Linden Botanicals based on their potential to provide mental, physical, and emotional support," says Linden Botanicals founder Michael Van der Linden. "The Self Care Challenge will give people an opportunity to reassess the daily practices that contribute to their overall wellbeing, as well as allow them to try a free herbal supplement that has the potential to support their health goals."



Take the Self Care Challenge and Receive a Free Herbal Gift

The 14 herbal extracts available as a reward for completing the Self Care Challenge are some of the healthiest herbal supplements in the world. For example, Phyllanthus niruri, Linden Botanicals' flagship product, has 100+ bioactive compounds and possibly more health benefits than any other plant in the world. Cistus incanus offers well-studied antibacterial, antiviral, and biofilm-breaking properties and ameliorates cold and flu symptoms. Agarikon mushroom is a strong anti-inflammatory and antibacterial agent that may provide a natural bioshield against infection and disease. Andrographis may reduce inflammation at the joints and lymph nodes and provide immune support in early-stage Lyme disease. Cistanche has anti-fatigue, anti-aging,

antidepressant, and neuroprotective properties. Cryptolepis may be highly active against growing and nongrowing stationary phase Borrelia burgdorferi.

The Linden Botanicals Self Care Challenge will end on March 31, 2022 or as supplies last. Limit one extract per person and two extracts per address.

About Linden Botanicals: Linden Botanicals sells the world's healthiest herbal teas and extracts, including Phyllanthus niruri, Cistus incanus (rock rose), Rosa rugosa (rose hips), Laricifomes officinalis (Agarikon), and Cryptolepis sanguinolenta. These teas and extracts provide science-based support for immune health, stress relief, energy, memory, mood, kidney health, joint health, digestive health, inflammation, hormonal balance, and detox/cleanse. Visit

EXPLORATION CHALLENGE Take a 30-minute walk outside your neighborhood	REWIRE CHALLENGE Listen to classical music for an hour	TREAT YOURSELF CHALLENGE	INTROSPECTION CHALLENGE Set a 15-minute timer and write your thoughts	YOU CAN DO IT CHALLENGE Make a call you've been putting off
MOOD BOOST CHALLENGE Smile 10 times throughout the day for no reason	GRATEFUL CHALLENGE Record 3 things you're grateful for - do it for a week	DE-STRESS CHALLENGE Stretch for 10 minutes	REPAIR CHALLENGE Fix something in your house that's broken	CHILL CHALLENGE Watch the sunrise or the sunset
GOOD MEMORIES CHALLENGE Print, frame, and display a photo	KINDNESS CHALLENGE Perform a random act of kindness	BRAIN CHALLENGE Play Wordle, Sudoku, or any thinking game	ORDER CHALLENGE Declutter one small space	REST CHALLENGE Get what YOU would call a good night's sleep

Linden Botanicals Self Care Challenge Board (Sample)



Cistus incanus - one of fourteen extracts participants can choose to receive after they complete the Self Care Challenge.

<u>www.LindenBotanicals.com</u> to shop the online store and find hundreds of valuable health tips and resources.

CAROLYN DAUGHTERS
Linden Botanicals
carolyn@lindenbotanicals.com
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