



Tea blend:

TINY TEA

Fact sheet

How I will help you.

I'll perform an intensive cleanse and nourish of your digestive system to assist with digestive health, weight loss, toxin removal and skin health

How I will help you.

I will nourish your blood and digestive system so that it is able to transport toxins and waste out of your body more efficiently.

Let me explain.

I am single handedly pioneering the health tea revolution, but not in the way you may know it!

My herbal blend has been intricately developed by a team of qualified Chinese Doctors.

I'm comprised of ingredients that truly cleanse and nourish your digestive system.

I have many properties that perform the following jobs: drying phlegm (a cellulite aggravator), reducing waste, and waging the fight against food stagnation by stimulating your digestive system.

As the gut is the pivot of health – you should experience many positive ramifications such as increased energy, clear skin, reduced sugar/coffee cravings... and so the list continues.

What physical changes should you feel and see?

I will aid in reducing bloating and clearing stagnant food. As I nourish your digestive system, you will notice an increase in energy, as your body will be able absorb nutrients more effectively. Further more, your digestive system makes blood and blood gives us energy – so with your body making stronger, cleaner blood – this will increase your energy levels further. My herbs will also assist in clearing up skin blemishes, reduce sugar cravings and heighten your mood.

Can I achieve my aesthetic goals with TinyTeatox alone?

You may see results with TinyTeatox alone, without changing your diet. However results are heightened significantly when you change your diet and exercise plan.

Let's face it - you are what you eat.

Being nice to your body should be a lifelong choice - not just for the period of a TinyTeatox. If you want to live a long and healthy life, you will have to nourish your body from the inside out!

Visit our website www.yourtea.com and read through our huge range of healthy tips, eating plan and blogs written by qualified health experts.

What to eat during a TinyTeatox.

I need to be complimented by a healthy eating plan. Hopefully you're nodding your head and thinking, 'well, I already eat a healthy balanced diet'. If not – then head over to our website and download our "Eating Plan" as well as many other healthy tips, advice and blogs.

Junk food and I do not get along. Nor should you.

Life after me.

Will your body return back to its previous state once you've stopped consuming me? The answer is very simple. It is entirely up to you!

In a nutshell – the following will all contribute to bloating, weight gain, food intolerances, irritability, low energy: sugars, bad fats, over eating, under eating, poor nutrition, additives/preservatives, drinking, eating raw foods, inactivity, stress/emotion and insufficient sleep.

Those 'nasties' above are exactly what caused your body ailments to begin with.

I reversed this damage so in order to maintain what I've achieved you must treat your body correctly.

Experiencing different symptoms?

As I work on replenishing and nourishing your digestive system, I may stir up some internal waste that doesn't need to be there.

As a result, you may experience minor skin breakouts or a mildly upset stomach for the first few days of the teatox. This indicates that the tea is performing changes internally and after a few days you should start feeling the positive changes the tea promotes.

If your symptoms are out of the ordinary, please feel free to contact us on hello@yourtea.com and we are happy to assist you with further questions.

Why am I different from the other 'teas' on the market?

Whilst bodacious, I am also incredibly complex.

Only my qualified creators know my full ingredient list. But why be so protective I hear you ask? Despite the time and resources that have been poured into developing me – Chinese Medicinal herbs are very strong and when mixed incorrectly can cause negative health consequences. Your health is my responsibility.

Please note, I am not a laxative tea.

Exercise during a TinyTeatox.

Exercise/staying active is extremely important in every day life, including during your TinyTeatox.

Exercise keeps your blood flowing, energy levels up and helps stimulate the digestive system.

How often can you use me?

We recommend that you are able to consume 2x28 day TinyTeatoxes consecutively – then take a 2-3 week break and then you can continue on with another 28 day.

In many cases, you may not feel the need to complete an entire teatox again.

In this instance, you can purchase a TinyTea to keep in your cupboard for when you're feeling slightly sluggish/bloated/low energy – and ease these feelings with a quick cup of TinyTea.

Consumption.

Drink me 3 times a day, 30 minutes before or after meals:

Morning, midday and early evening. Soak 1 bag in 1 cup of boiling water for 4-5 minutes at a time.

Avoid drinking me with meals or late at night.

If your schedule only allows you to have 2 teas a day, then this will be fine.

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Hot tip, literally:

Feel free to add a squeeze of lemon or dash of honey.

If you're not fond of my taste, I won't be offended. As your digestive system clears up, so will your taste buds that can be dulled over time from poor diet and lifestyle. So stick with me!

Can you consume me cold/chilled?

Absolutely not! I must always be consumed hot/warm.

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T I N Y
T E A

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organic tea blends

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