



Contains 150g of organic herbal tea.



Tea blend:

# ANTI-C TEA

Fact sheet

## Drink me if you feel:

Like cellulite & toxins have set up camp on your booty and thighs.

### 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.

Face it ladies, cellulite definitely has a crush on you. It'd start an ongoing love affair if you let it.

I will take your hand and together, we can convince Mr. Cellulite he is not welcome.

My ingredients work on lifting dampness and phlegm (fat) that create a perfect nesting ground for cellulite.

### How YOU can help ME rid cellulite.

Internally, I work my magic so externally, you need to work yours too!

Cellulite can be complicated – one day you're cellulite free and the next: BAM – there it is.

Where did it come from? Sneaky, we know.

Cellulite is caused and aggravated by a number of issues including: poor lifestyle choices, excess fat, stubborn toxins, poor blood circulation, over eating, poor diet, sugar/preservatives, alcohol and lack of exercise.

You need to modify, change or control your lifestyle choices to give your body the best chance of ridding cellulite.

### Who wants a massage?

Your cellulite prone areas do, that's who!

Promote blood flow and circulation by massaging areas of concern on a daily basis.

### TinyTeatox + Anti-C = Romeo and Juliet

We promote romances here at Your Tea and this is our favourite love match by far!

As suggested by our ambassador, Nat Kringoudis – a qualified Chinese Medicine Practitioner – completing a quick 14 day TinyTeatox prior to your Anti-C tea is perfect.

Our TinyTeatox will prepare your body by cleansing and nourishing your digestive system so that your Anti-C tea has the best chance of performing its role.

### I eat healthily so why do I have cellulite?

Chinese Medicine is all about promoting digestive health, which is achieved by consuming warm, nourishing foods that are gentle on your system. Foods such as raw vegetables, cold salads, fruit smoothies, cold water – can all be quite difficult for your digestive system to process. Note: this does not apply to everyone.

To give your body the best chance of optimum digestive health, try consuming easy to digest foods, which will assist in healthy, strong blood that is able to transport goodness in and nasties OUT!

### Tips to assist in cellulite reduction.

- Avoid fruits (unless poached or stewed)
- Avoid raw vegetable - cook them until they are warm, not wilted
- Eat warm, nourishing foods such as stews and soups
- Avoid food and drink with preservatives, additives, chemicals and other nasty toxins
- Avoid cold water - try to drink luke warm, if not hot water drink excessive amounts of water or this may 'waterlog' your body, giving cellulite a nice nesting ground
- Sweat it! A healthy exercise routine will promote blood flow, crucial to aiding stagnant cellulite removal

### Consumption.

Steep 1 teabag in 1 cup of hot water, twice a day.

### When to consume:

Consume me 30 minutes before or after a meal.



organic tea blends

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