We let our ambassador Nat Kringoudis, Doctor of Chinese medicine - explain how our teas behave within the body. Bearing in mind, each body is different therefore no one blanket rule applies for how you may experience our blends. One thing is for certain though, your body will thank you for the extra special attention!

Why Antioxidant Tea?

Antioxidants are wonderful little molecules bustling with all the good stuff. Essentially they help us turn back the clock - and fight the signs of ageing and damage. As the name suggests, they are like a powerful force that reverses (anti) the effects our environment has on our bodies (oxidation). Visualise an old rusty piece of iron; this is oxidation at its finest. Now imagine how the environment by way of diet, lifestyle, pollutants, toxins, stress all have their way with your body; all of these things have a huge impact on us – leading to damage just like the rusty iron. They all contribute to placing a load on us, right down to how our cells interact. It’s a good thing we understand too well the effects of stress and have collaborated a special mix of herbs known as Antioxidant Tea to help you counteract the effects of stress and ageing. Just another bustling addition to the Your Tea family.

Ingredients explained...

Straight up, Ginko Biloba is a very well known ‘brain’ herb. I used to take it before exams to enhance my memory and activate my brain (there’s a tip!). It’s a powerful antioxidant in this blend alongside some other beauties. Du Zhong or Eucommia ulmoides Oliver is another herb included in this formula for its ability to not only strengthen the body on the whole but it also helps to calm the body, it treats dizziness and headache and promotes circulation. These actions make it quite an invigorating ingredient – helping to pep up the mind and increase wakefulness.

Ginseng is a name we have all grown to love. Ginseng is widely sought after for its therapeutic properties of revitalizing and invigoration. It powerfully supports the body, it helps to calm the mind, it supports digestion meaning you can better assimilate the nutrients from your food to better supply your body with what it needs to thrive - after all you can eat all the freshest, most superior quality produce in the world but if you can’t digest it, it is useless! Ginseng is of course a powerful antioxidant too – it helps to clean up any damage day to day stress will undoubtedly cause – think of it like your very own superhero in a tea bag!

There are some specific herbs in the mix that directly work on the liver in Antioxidant tea. The liver is your body’s own cleansing device. Think of it like a massive sponge which goes about soaking up the mess, ensuring your blood is purified constantly is key. Some of these liver cleansing herbs like Fleeceflower root, because of their antioxidant properties are used in Chinese Medicine to turn back the clock – ie they have been used to treat grey hair, diminishing vision, lower back pain – all things we increasingly experience with age. Fleece flower root alongside Go Qi Zi (or goji berry) has also been widely used for similar reasons. It has an extra quality to add to the mix; Go Qi Zi also supports digestive function.

Yi Yi Ren is included to help rid the body of toxic build up, drain away impurities that accumulate and move it out through urination. This handy way of ridding of toxins means it isn’t stirred and the re-distributed back around into your body systems. Yi Yi Ren alongside Fu Ling are both used for these same benefits. Fu Ling also has a calming effect on the mind, meaning it helps the body to recover from emotional stress too. Both Cinnamon and Rose help to awaken the senses, work on the digestive power of the gut and support the body in general. Both being aromatic provide properties to awaken the senses and mind. Cinnamon is useful because it aids in ‘firing up’ the digestive flame (we’ve spoke about the pot and fire analogy before). Both are star players in this well balanced formula.

Is it unisex?

Certainly is!

Thirsty for more information?

If you’re inclined to want to fill your body with the best foods and pamper it with a healthy lifestyle, our ‘TinyTea Health Guide’ arms you with all of the information to walk down this commendable path.

Our tip to you;

It’s so important we pull on the amazing properties of herbal ingredients to better support our systems on the whole. Antioxidants are proven to clean up the damage that ‘living’ and breathing have on our bodies. The world is a far cry from the pure state it was once able to offer us. We can’t necessarily control the air we breathe or free ourselves completely of the toxins in our foods but we can add back in some little sweeteners like Antioxidant tea which can counteract the problematic elements in our modern world. And who doesn’t want to slow down the aging process anyway?

Our other blends you may like are:

Digestive function is vital to support the body in digesting and utilising food effectively. Ensuring your system is on track and functioning efficiently may lie in a quick 14 day TinyTeatox Digestive Detox. Whether you want it for men or women, this cleanse is designed to support your body’s natural function by removing toxins. It is specifically tailored for those who want to feel less bloated, have better digestion and daily elimination.

If you’re looking for something to help start your day or to add a bit of extra energy to your day, you may enjoy our daytime energy booster. Our Antioxidant Tea supports your body’s blood circulation, helps support your brain and mind, and can even be used as a cold and flu tea. It’s perfect for those who want to start their day naturally or for those who need a little extra boost to get through the day.