



TEA TIME = ME TIME

By Dr. Shivani Gupta



www.fusionaryformulas.com



[@dr.shivanigupta](https://www.instagram.com/dr.shivanigupta)



TEA TIME = ME TIME GUIDE

As women, we wear so many hats we often forget ourselves and the importance of caring for ourselves amongst all the things we have to manage and do. We are nurturers, caretakers, mothers, daughters, sisters, team members, entrepreneurs, etc.

I find as women, we are pulled in 100 different directions, burning the candle at both ends, with social media's influence constantly fueling the fire. We are doing our level best while constantly feeling our best just isn't good enough when it comes to our long-term health.

During my research dissertation on turmeric, I remember thinking, if I'm never going to "win" in all the areas of my life at once, what is the one habit I need to have in place to stay healthy on this lifelong path of motherhood and entrepreneurship?

Around this time, I was also completing my master's degree in Ayurveda, and I was immersed in the benefits of Ayurvedic spices and herbs. I realized there was such latent magic in these Superfoods that people simply had no reckoning of.

In recent years in my work with private clients and with my group programs I've seen huge transformations occur when people commit to self care as a necessary part of their lives. This shift in perspective and attention has changed everything from their symptoms, to their energy levels, clarity, mood, body shape, inflammation, and so much more. Tea is a simple act of drinking a hot caffeinated beverage, but it's also much more. In India, chai time is sacred. Everyone pauses to sit and sip their morning chai before starting the day. Then, everyone pauses again in mid-afternoon for their chai.



Growing up, I always saw this, and it piqued my interest. There's also a community camaraderie around tea time. If anyone popped by unannounced, we always stopped what we were doing to sit, sip, and enjoy a cup of tea and snacks with them. I still hold these traditions in my household. Anyone who wants to pop by for tea can do so, and I love that time to enjoy them.

At some point motherhood, entrepreneurship, and all of life's forces started leading me to work faster, harder, and push further than ever before. Finally, I realized I needed a ritual and habit that did the opposite for me, that forced me to slow down long enough to take stock, hit the pause button, and take a moment of self-care amidst all the chaos.

That's when Tea Time = Me Time was born.

Tea Time = Me Time is a moment to pause, reflect, take stock, check-in, reflect, and recalibrate.



It is the one self care act that I think every single person on the planet needs most. I invite you to read this guide and begin this practice, you'll be astounded by the insights you get.

In scientific terms, it is also a moment that pulls me out of my sympathetic nervous system - fight or flight - running around stressed out - and puts me back into my parasympathetic nervous system - also known as rest and digest. This epidemic of being in a constant state of stress is detrimental to all of us - our immune systems, brain health, gut health, truly every system of the body.





TOP 5 REASONS
TEA TIME = ME TIME
IS THE BEST SELF CARE ACT OF ALL



1

Tea is delicious, warm, comforting, filling, and relaxing

2

Recalibrate. Reset. Renew.

3

Sometimes we crave food when what we really need is hydration.



4

There are many ways to eat your Superfoods; one is Tea.

5

Sometimes you just need to Collect Peace before you explode!





“Sometimes
all you need
is a good
Cup of Tea”



1

TEA IS DELICIOUS, WARM, COMFORTING, FILLING, AND RELAXING

Let's face it, we could all use a moment of comfort throughout the day. And if you're a coffee drinker, you know that incredible feeling of sipping your coffee first thing in the morning. You also see the transformation from getting your first cup of joe. Although Tea doesn't have the same level of caffeine as coffee, Tea still has $\frac{1}{3}$ of the amount, which can still give you a pep in your step. Taking a moment to sip Tea around your lunch hour, during the typical afternoon slump, or at various low moments in your day can turn your mood around.



FUN FACT:

Coffee has higher amounts of caffeine than Tea. A standard cup of coffee typically contains 200 mg of caffeine. In comparison, black Tea contains 60 mg, green Tea contains 36 mg, and white Tea has only 25 mg of caffeine. Herbal teas are naturally caffeine-free.

Not only in Ayurveda, but many cultures believe that drinking warm water is good for your health. Cold-water constricts your blood vessels, and your body may not be able to absorb all the nutrients and vitamins from food. Warm water speeds up the digestion process and is even good for your gut health.





2

RECALIBRATE. RESET. RENEW.

With the pace of our lives in modern-day society, it's hard to make time for the things we know would rejuvenate us. So first, there's our ever-growing list of things to do. And then there's our "Shoulds" list that we know would be great for us, but we have a hard time fitting in.

By pausing for a cup of tea, sitting down to drink it, and slowly sipping the drink, so we don't burn ourselves, we are pausing just long enough to ask ourselves the most important questions we can ask ourselves:

- How am I feeling right now?
- If I don't feel great, what would make me feel better?
- Did I take my supplements today?
- Am I dehydrated?
- What do I need to change in my schedule so I don't collapse at the end of the day?
- What have I said yes to that needs to change to a no?
- What one action can I take that would 10X my happiness right now?



3

SOMETIMES WE CRAVE FOOD WHEN WHAT WE REALLY NEED IS HYDRATION.

The simple act of hydrating more throughout your day can profoundly impact your waistline. I know many people who have added gallons of water to their lives and dramatically dropped their waistline.

When the stomach senses that it is full, it signals the brain to stop eating. Water can help take up space in the stomach, leading to a feeling of fullness and reducing hunger.

When the body is dehydrated, it cannot correctly remove waste such as urine or feces. Water helps the kidneys filter toxins and waste while the organ retains essential nutrients and electrolytes. When the body is dehydrated, the kidneys retain fluid.

It is easy to accumulate liquid calories by drinking soda, juice, sweetened coffee, or Tea. Most people also ignore how many

calories they consume in sports drinks or alcoholic beverages. Replacing a few high-calorie beverages each day for water or other no-calorie drinks, such as herbal tea, may have long-term weight loss benefits.

Without water, the body cannot properly metabolize stored fat or carbohydrates. The process of metabolizing fat is called lipolysis. The first step of this process is hydrolysis, which occurs when water molecules interact with triglycerides (fats) to create glycerol and fatty acids. Therefore, drinking enough water is essential for burning off fat from food and drink and stored fat.

Water helps muscles, connective tissues, and joints to move correctly. It also helps the lungs, heart, and other organs to work effectively as they ramp up activity during exercise. In addition, being hydrated reduces the risk of things that can get in the way of a good workout, such as muscle cramps and fatigue.

Most adults do not drink enough water to meet national guidelines - Tea can be a great self-care habit that helps you get there!

Note: Teas with caffeine will act as a diuretic, just like coffee. You'll release more water because you consume it. Reach for herbal teas like these if hydration is your goal: white Tea, rooibos tea, and herbal teas.





4

THERE ARE MANY WAYS TO EAT YOUR SUPERFOODS; ONE IS TEA.

Superfoods are unique natural products with high content of nutrients, vitamins, minerals, enzymes, and antioxidants. They enhance the immune system, detoxify the body, reduce cholesterol levels, and be overweight. Due to their adaptogenic effects, they significantly contribute to body regeneration, vitality, and good physical and mental health. They also reduce the activity of free radicals and the aging process, strengthen the body's curative functions, and build psychological resistance to stress and nervous exhaustion.

Nutrient deficiencies are relatively common. They occur when people don't get enough of a certain vitamin or mineral through their foods. The consequences of some deficiencies can be more than feeling generally lackluster. Some deficiencies, like vitamin E, can lead to serious health problems, including nerve damage. Others may cause people to experience anxiety, weakness, fatigue, and difficulty sleeping, which are difficult to trace back to a specific source but may come from not getting enough of one particular nutrient.

While this all can sound like bad news, there are fortunately many ways to get enough vitamins and minerals. Some of the best sources of all the nutrients your body needs are superfoods, which offer delicious ways to ensure your diet and health.

Ayurveda has a myriad of Superfoods that can help us - most of which you may not have heard of. Ayurveda uses many Adaptogens to help us support our bodies. This class of herbs is profound for our health and well-being.

Adaptogens can help your body adapt to life's doozies. These herbs aid our bodies in reacting to or recovering from both short- and long-term physical or mental stress. Some also boost immunity and overall well-being. Research shows adaptogens can combat fatigue, enhance cognitive performance, ease depression and anxiety, and help you thrive rather than just muddle through.

Cortisol is often the culprit for weight gain, especially around the belly area. When you reduce stress with adaptogens, you reduce stress hormones and their effect on weight gain.



Adaptogens have the potential to help indirectly with other health issues, like pain, digestive concerns, insomnia, and more. For example, stress sets off a cascade of physical responses that affect immune function and hormones, cognitive function system, and our internal clock, called our circadian rhythm. If these stressors persist, this leads to chronic illness.

- **Hormone ReBalanca Tea** is an adaptogenic tea that supports all female hormone systems. Calm symptoms of menopause, including hot flashes and nights sweats, reduce PMS symptoms, increase libido, and provide overall adaptogenic support.
- **Deep Sleep** Tea has ashwagandha and Brahmi that helps to relax the body and mind to ease into a better night's sleep.
- **Metabolism Boost** Tea includes matcha, Triphala, and other Ayurvedic superfoods that improve gut health and thus metabolism.





5

SOMETIMES YOU JUST NEED TO COLLECT PEACE BEFORE YOU EXPLODE!

There have been so many times in my life where all hell was breaking loose. Total exhaustion, total chaos, total stress. And I needed a way to reset. I wasn't going to get to the spa in 5 seconds; or happy hour with my friends anytime soon. But what's easy and almost instantly available anywhere: Tea Time.

I have had so many stressful moments where I could reset, calm down, release the current situation, gain perspective, and recenter myself. Then after I Collected My Peace, I could continue on.

As women, often we are dealing with so many stressors, and that last hair can break the camel's back. That's why I always end my day with a delicious cup of Deep Sleep Tea; it's my way of Collecting myself again at the end of my day and setting my intentions for the next day. It's my opportunity to get Grounded, Centered, and Aligned, which is my mantra for my life. I invite you to embody these practices in your life, with my teas or any others that you love. The act itself is profound for our mental health.

I wish for women worldwide to learn that by choosing ourselves first, we are choosing to raise our Vibration and thus heal our families, our communities, and thus the planet. The ripple effect of choosing self-love and self-care is profound.



Choose a simple act such as **Tea Time = Me** Time 3-4 times a day can completely shift our outlook on our lives, can shift our mood, shift our health, shift how we navigate our day, and that all adds up to impacting our experience of our entire life.





You'll have more presence, awareness, discernment, and sovereignty.

I also find that the more self-care I do, the more time I gain. Barreling through life trying to find slices of time taught me that wasn't sustainable. So instead, I learned a new approach. Ayurveda teaches a concept called Dinacharya, the 12 self-care rituals to be done daily to have a vibrant, healthy long life. Practicing these is the antidote to aging. It's also the antidote to most problems that modern-day life creates in our physical, mental, and emotional bodies.

I wish for all women to practice Self Care in a rhythm daily. I have seen this shift thousands of lives over the last 10 years and I'm sure it will do so for you.

If we just learned how to utilize Self Care as a method and practice to get Grounded, Centered & Aligned.

Our entire lives would change.