



Healthy Gut Tea

DESCRIPTION & BENEFITS



ABOUT THIS TEA:

Our HEALTHY GUT TEA is a soothing, herbal tonic that helps support the body's natural elimination process, soothe occasional indigestion, and improve overall energy and immunity. This delicious herbal tea is made from a handcrafted blend of herbs each selected for their specific properties that help promote healthy digestion. Having a healthy gut is truly the foundation of good health.

PRIMARY

Kudzu Root: this invasive herb, that grows prolifically in the southern quarters of the U.S. is one of the primary stellar herbs in this blend. We added it here because this plant is becoming well known for coating the gastro-intestinal system with its demulcent constituents that soothe the inner lining of the intestines.

Fennel Seed: well known as a warming spice in many dishes, becomes an excellent carminative that helps with releasing flatulence and a nervous (colicky) stomach; has even been used to mitigate travel sickness.

Angelica Root: This stately (8 foot tall) plant is a time tested warming bitter-sweet herb qualities that supports digestion, assimilation and gentle elimination (gently). Its purpose here is as a carminative and a digestif.

SECONDARY

Burdock Root: a local wild garden edible weed, offers tonic properties for lymph, liver and kidney wellness.

Dandelion Root: another common local wild edible has been traditionally used as a tonic for general kidney, liver and gallbladder wellness. These above two wild local plant edibles have been used for centuries as essential ingredients in detox programs supporting the body's eliminatory processes because of their rich source of a carbohydrate fiber known as Inulin, a fructo-oligo-saccharide that benefits the gastric microbiome.

Green Rooibos Tea: a caffeine-free herb, that is naturally high in antioxidants and contains iron, manganese, calcium, zinc, potassium, magnesium, and vitamin C. Rooibos herbal tea is the complete "body protector," benefiting every single organ in our body.

Apple, Hibiscus, Rose and Orange. These 4 plants offer the gut a whole range of benefits from the pectin in the apple that offers gut soothing and detoxing elements, hibiscus and rose are toning and anti-inflammatory, and orange stimulates digestion and also calms a nervous belly.

TERTIARY

Cinnamon Bark: a warming spice, rich in antioxidants, protects a wide range physiologic issues and supports mental clarity and damp conditions.

Ginger Root: a powerful spice that offers gentle anti-inflammatory and antioxidant protection.

Turmeric Root: a powerful antioxidant herbal nutritive that has diverse benefits in positive effects as a cancer preventative, a liver antioxidant, as well as a digestive tonic. It promotes a healthy inflammatory response in the body and supports brain and cardiovascular health.

Black Pepper the tiny amounts of black pepper that has been used in this blend is due to its primary catalytic quality—making turmeric more bio-available.

ABOUT OUR HEALTHY GUT TEA

Our Wellness Healthy Gut Tea is a product of a collaboration between Nini Ordoubadi, artisan tea blender and founder of Tay Tea and Marguerite Uhlmann-Bower, RN, Herbalist.

Contact: Nini: nini@taytea.com
Marguerite: 3moonsisters@gmail.com

SPECIAL NOTE:

Always consult your health care practitioner if your aim is to treat yourself for a specific condition; consult a qualified practitioner if pregnant or breast feeding.

DECOCTION METHOD

- to a pot of 24 oz. (3 cups) of pure, cold water, add 1 rounded tbsp of Healthy Gut Tea
- allow to sit one hour with a lid on
- bring to a simmer with no lid for 20–30 minutes
- remove from heat, let sit with lid on 8 hrs to overnight
- strain herbs
- save herbs to rebrew one more time (store used tea in refrigerator until next decoction)
- 3-8 oz. cups through out day or 3x during day

INFUSION METHOD

- pour 24 oz. (3 cups) of boiling water onto 1 rounded Tbsp of Lyme Tea
- allow to sit at least 20 minutes with a lid on
- strain herbs
- save herbs to infuse two more times (store used tea in refrigerator until next infusion)
- 3-8 oz. cups throughout day or 3x during day

DISCLAIMER

This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

