



Lyme Tea

DESCRIPTION & BENEFITS



ABOUT LYME TEA

Our Wellness Lyme Tea consists of a group of traditional herbs that have been used throughout time. This specific compilation of herbs is derived from quality plants that are ethically wild harvested, grown locally in organic gardens or purchased from suppliers of organic botanicals.

PRIMARY

Japanese Knotweed: a wild and invasive local plant used by herbalists the world over for Lyme Disease and Lyme co-infections. Hundreds of studies have proven its effects as a powerful antioxidant, protecting tissues that line blood vessels and internal organs. It is also found to be effective at breaking bacterial (Lyme disease) biofilms and as an anti-spirochete (the bacteria responsible for Lyme).

Cats Claw: a Peruvian root bark primarily used by herbalists to treat Lyme Disease and Lyme co-infections. Provides immune system support and combats gastro-intestinal disturbances, skin problems, and joint pain related to arthritis.

Hawthorn: a red pink berry aiding in the treatment of Angina and strengthens the cardio vascular systems.

Turmeric: a powerful antioxidant herbal nutritive that has diverse benefits on the body. Turmeric has 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.

Burdock and Dandelion: These local wild plant edibles have been used for centuries as essential ingredients in detox programs supporting the body's processes at eliminating toxins and general lymph, kidney and liver wellness.

Rooibos: A caffeine-free "red tea", is high in antioxidants containing iron, manganese, calcium, zinc, potassium, magnesium, and vitamin C. Rooibos Herbal Tea is the complete "body protector," benefiting every single organ in our body.

SECONDARY

Cinnamon: a warming spice, rich in antioxidants protecting against a wide range of complications such as Lyme Disease, Diabetes, infections and early symptoms of Alzheimer's.

Ginger: a powerful spice demonstrably providing anti-inflammatory and antioxidant protection for the body.

Calendula: this sun-loving orange flower is a powerful antioxidant supporting body's immune system.

Wild Purple Bee Balm: a wild herb, native to the north western Catskill Mountains. Traditionally used as a calming tea by some Native American traditions and as an anti-viral in the treatment of Lyme Disease.

Stinging Nettles Seeds: a wild edible used by traditional Chinese herbalists to support all parts of the kidneys and adrenals. The seed in particular imparts a gentle energy and has been known to support the clearing of impurities.

TERTIARY

SPECIAL NOTE:

- Not to be used during pregnancy.
- Some of these herbs may interact with anticoagulants, diuretics and Immune-suppressing medications.
- If you are using pharmaceuticals, please consult with your health care provider before taking this tea.
- Do not drink more than three 8oz cups per day.

DECOCTION METHOD

- to a pot of 24 oz. (3 cups) of pure, cold water, add 1 rounded Tbsp of Lyme 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

ABOUT OUR LYME TEA

Our Wellness Lyme Tea is a product of a collaboration between Nini Ordoubadi, Artisan Tea Blender and Founder of Tay Tea and Marguerite Uhlmann-Bower, RN, Herbalist.

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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.

