



Contains 157.5g of organic herbal tea.



Tea blend:

HAPPY  
TEA

Fact sheet

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 Happy Tea?

The unique blend in our Happy Tea will have you singing all the way to the kettle for your refill thanks to some very special ingredients that the Chinese have been enjoying the benefits of since the first emperor was in nappies.

## Ingredients explained...

Barbary Wolfberry Fruit or Go Qi Zi as it's known in China, is a very effective little berry that helps to cleanse and tone the blood. For this reason it helps to awaken the body and the senses leaving you feeling fabulous. It also helps that it's a little package full of antioxidants – the very things that help to clean up the damage that stress leaves behind.

Happy Tea also contains another favorite Chinese fruit of mine – Shan Zha or Hawthorn Fruit. These little delicious apple like fruits are amazing on digestion. They help to move any stagnated or accumulated food through the digestive tract and have a very calming effect on the gut in general. Shan Zha can be used to calm down a sensitive stomach or if there are digestive issues. It's very gentle and safe and tastes delicious!

Both Chrysanthemum and Rose Flower both have an extremely calming effect on the body. Chrysanthemum is known for its ability to brighten the eyes and awaken the senses and is used in Chinese Medicine to clear out heat from the body when perhaps there are headaches or rashes (from heat like sun exposure). Again they both help to calm the digestive system but what's more, Rose Flower assists in aiding menstrual issues like PMS and menstrual pain. It is able to facilitate blood flow around the body to overall improve circulation and generally support the body – this creating a heightened sense of wellbeing.

Lemon is an all time cleansing favourite – when the body is well cleansed, it works on an entirely different level – for the better. Lemon is useful for this reason – it helps to also brighten the eyes and give a sense of wakefulness as it invigorates.

It's quite commonly recognised a glass of warm lemon water first up in the morning helps to kick along the liver. This also helps the body to digest and ensure the bowels are happy too, eliminating bloating and irritable bowel issues.

This formula is nicely tied together with Chien d tea is wonderful as it generally supports the immune system and is also full of antioxidants.

## Is it unisex?

Certainly is!

## Thirsty for more information?

Taking care of your body both physically and emotionally is important for achieving a happy, peaceful mind. Knowing this, our blog 'Minimising negativity in your life' provides the perfect insight for walking down this path.

## Our tip to you;

Sometimes when we are feeling a little low, the most appealing appetiser, meal and dessert is, well - dessert! Sugar can pick us up very quickly... and shoot us down twice as fast. Not ideal as far as taking care of the body goes. To support emotions, it is vital to support your digestive system overall too. Explaining how, is our 'TinyTea Health Guide' as it provides an in depth 52 pages worth of health information, dietary tips and recipes written by Dr Nat Kringoudis.

## Our other blends you may like are:

Energy Tea - for a natural cup of 'get up and go'.



organic tea blends  
yourtea.com

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