

Turmeric ginger tea

Turmeric is a powerful digestive aid and liver stimulant, making it an excellent detoxifier. Ginger encourages sweating and acts as a bitter tonic, thus aiding sluggish digestion, improving bile flow and encouraging the proper digestion of fats. When combined together these two herbs make for a soothing yet powerful tea. Turmeric is also the primary anti-inflammatory herb in Ayurvedic medicine, making it beneficial to those suffering from inflammatory conditions such as arthritis and evidence is mounting to show curcumin (the active component in turmeric) to be an effective treatment for cancer and Alzheimer's disease.

HOW TO PREPARE: Add around two centimetres of fresh ginger root sliced and one inch of fresh turmeric root (sliced) to two cups of boiling water.

Simmer for 15 minutes on the stovetop.

Strain and pour into mug to enjoy.

Add one teaspoon of raw honey (manuka is best) if desired.



Rooibos green tea

Green tea contains high amounts of catechin polyphenols, which stimulate fat metabolism by promoting what's called thermogenesis. Thermogenesis is a process in which the body generates heat by burning fat as fuel. Additionally, green tea boasts excellent amounts of antioxidants and anti-inflammatory properties. Studies have suggested that green tea may also protect against damage done by cholesterol and can help to prevent blood clots. As little as one cup of green tea per day appears to offer some protection against heart disease. Rooibos tea boasts antioxidants, has the potential to alleviate intestinal distress, and can inhibit glucose absorption from the intestines, making it a great tea for those wishing to better

control their blood sugar levels. It's also been shown to reduce stress levels by suppressing adrenal gland function.

HOW TO PREPARE: Place two tablespoons of loose rooibos tea leaves and one tablespoon of loose green tea leaves in a French press or pot on the stove filled with three cups of water.

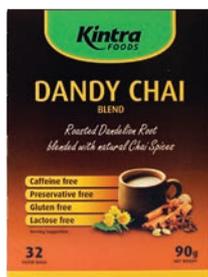
Bring to a simmer for 15 minutes – do not boil (boiling green tea will result in a bitter, higher caffeine content beverage).

Strain (if using a pot) or plunge and then pour into a jar to enjoy hot or cold.

Please note, those with hypothyroidism might want to avoid green tea due to the fluoride levels it contains, which have the potential to disrupt thyroid function.

Tea for you

Love these healing herbals? We've done the groundwork and found some pre-prepared and ready-to-infuse teas for health and wellness needs.



Digestive de-stress

Forget ordinary chai, this blend of dandelion root and your favourite chai spices is good for the tummy and for the soul. Dandelion root helps promote a healthy digestive system and helps to detoxify your organs – especially the liver and kidneys – while the aroma of natural chai spices calm and clarify your mind, reducing anxiety and stress. Kintra Foods Dandy Chai is caffeine free, 100 per cent natural and ideal for the health conscious and lovers of coffee.

\$8.30 for 32 bags, kintrafoods.com.au



Easy detox

Qi Detox Tea combines organic green tea with milk thistle, dandelion root and hints of ginger, lemon, peppermint, licorice and orange. Designed to both cleanse and aid digestion, it's a perfect way to start or end your day. Qi Tea is also proudly certified organic and Fairtrade. **\$4.99 for 25 teabags. qitea.com.au**

Weight loss

Tiny Teatox is a blend of traditional Chinese herbs designed to nourish your digestive system back to optimum health. By focusing on gut health, Tiny Tea also helps to clear your skin, boost your energy levels, shed unwanted kilos and calm food intolerance symptoms. It's a wonderfully nourishing blend that is designed to be kind to your body. **\$35 for 14 days of tea.** Find out more at aus.yourtea.com



Deep sleep

Wake up fresher after a good night's sleep with Planet Organic's Bedtime blend. With a mild, fresh and tangy flavour, this tea makes the most of valerian's mild sedative properties, with hops relaxing your body and mind and lemongrass lends a zing – the perfect way to end the day. **\$5.95 for 25 tea bags, planetorganic.com.au**