

# MEEK VEGAN Ayurvedic Herbal Tea

## Benefits of Herbs



**Turmeric Modulates Inflammation**

- Decreased pain (arthritis)
- Healthier cardiovascular system
- Increased eye health
- Decreased digestive problems
- Increased cognitive health




**Lemons...**

- ★ Support Heart Health
- ★ Help Control Weight
- ★ Prevent Kidney Stones
- ★ Protect Against Anemia
- ★ Reduce Cancer Risk
- ★ Improve Digestive Health
- ★ Contains Vitamin C for immune function



**Nettle...**

- Is a nourishing herb filled with important nutrients
- Combats chronic inflammation in a variety of ways including reducing the pain of arthritis, supporting heart health, and lowering blood glucose and inflammation in those with type 2 diabetes
- Can be prepared as a fresh tincture or strong tea



**Ginger...**

Contains Gingerol which has powerful medicinal properties

- Treat nausea
- Assist with weight loss
- Assist with osteoarthritis
- Drastically lower blood sugars and improve heart disease risk factors
- Treat chronic indigestion
- reduce menstrual pain
- lower cholesterol
- assist in preventing cancer



**Hawthorn...**

- Is a nourishing herb famously used for heart health.
- Also addresses other signs of chronic inflammation (eyes, type 2 diabetes, digestion, etc)
- Work with the flowers, leaves and berries
- Makes a powerful tea, tincture



**Astragalus root...**

There is a great deal of research interest in Astragalus. It contains Astragalosides (antioxidants), which support the integrity of the respiratory tract. In addition, the polysaccharides found in Astragalus are known for their immune supporting properties. Astragalus n herb also supports deep immune function by promoting normal levels of specific immune cells and aids in their function. Astragalus appears especially effective when immune function is stressed by environmental or endogenous challenges.



**Milk Thistle...**

- Help your liver cleanse away toxins
- Help your liver breakdown fat
- Promote healthy blood circulation
- Increase your energy levels
- Help protect your liver as you age
- Healthy weight management



**Cardamom...**

- Cures cough and cold
- Aids digestion
- Prevents bad breath
- Lowers High blood pressure
- Flushes out toxins
- Boosts blood circulation
- Regulates blood sugar levels
- Supports weight loss



**Elder Flower**

- Fights Flu and infection
- Dries runny nose and allergies
- Combats various hospital pathogens such as MRSA( methicillin-resistant staphylococcus aureus)
- Relaxing nervine properties
- Assists protecting Healthy skin and joints



**Beets...**

- Blood pressure improves
- Risk of Heart disease drops
- improve stamina
- Improves brain function
- detoxifies liver
- Assists body infighting chronic disease and cancers
- Rich in fiber to make you regular



**Damiana leaf**

Damiana can be encapsulated, incorporated into body care recipes, tinctured, or steeped as damiana tea. Damiana has been used in Mexico, Central America, and South America since the times of the ancient Aztec and remains quite popular today. Although its noted effect on sexual desire has been its primary traditional use across cultures, it has also been valued as a relaxant, digestive stimulant, mood enhancer, or just an enjoyable beverage that was often given to children. In modern times it has also been used as an herbal smoke and a liqueur.



**Ashwagandha...**

Ashwagandha is native to India where it grows in the wild. It is also cultivated throughout the country for larger production needs. Ashwagandha is a highly revered botanical used in Ayurveda and is praised for its adaptogenic and tonic properties. In many Asian countries, all parts of the plant are utilized, and the tender leaves are eaten as a gentle nourishing herb. It has been part of their repertoire for millennia. 'Ashwagandha is traditionally used in Ayurvedic medicine as an adaptogen and a nervine to help cope with stress and supports overall cognitive health'.