



TO YOUR HEALTH!

Try an Ayurvedic tea today



Address the common ailments below by adding 1 teaspoon of an appropriate Ayurvedic spice to a disposable tea filter. Steep in boiling (or hot) water, drink, and feel better in no time!

Beat the Heat with Coriander Seeds

Hot coriander tea can alleviate heartburn and soothe other heat-related conditions, including acid reflux, heat-induced headaches, and so on.

Say Goodbye to Pain and Bloating with Ajwain Seeds

Adding these highly fragrant seeds to hot water and drinking the tea as hot as you can comfortably handle it will alleviate abdominal pain and help prevent after-meal bloating.

Boost Digestive Fire with Cumin and Coriander Seeds

A cumin/coriander tea — drunk hot, warm, or at room temperature — will optimize digestion (considered the most important indicator of good health in Ayurveda).

Prevent Phlegm, Common Colds, and Coughing with Tulsi (aka Holy Basil)

Adding dry or fresh tulsi leaves to hot water creates a wonderful tea that is beneficial for the respiratory system.