

## CCF DIGESTIVE TEA

### INGREDIENTS

- ¼ C Cumin
- ¼ C Coriander
- ¼ C Fennel

### METHOD

- Mix all ingredients together and store in a jar with a tightly sealed lid
- Steep 1tsp in a cup of hot water for 2-3 minutes
- Sip throughout the day

NOTE: CCF Tea has long been revered as an Ayurvedic method to improve digestion. It calms and soothes inflammation, enhances digestion and assimilation, and reduces gas and indigestion. This simple but effective tea is an excellent purifier of the blood and lymphatic systems and is also used for weight loss, mental clarity, and overall detoxification. Great for all three doshas.

**Cumin** is well known for its positive effects on digestive health and its ability to cleanse and detoxify the body.

- Supports the pancreas, helps digest protein
- Reduces gas, indigestion and cramps
- May help absorb minerals from the intestines to prevent deficiency
- Eliminates toxins and congestion from body (and mind)

**Coriander** is the small, round seed of the cilantro leaf. This is a very balancing seed that cools and calms the GI tract.

- Reduces heat or acid in the stomach
- Decreases congestion
- Calms the digestive system
- Helps alleviate joint pain
- Improves skin irritation or rashes

**Fennel** is a cousin to Anise and Dill and is cylindrical in shape. Fennel seed is often chewed at the end of a meal to support digestion. It cleanses the palate and supports the digestive process.

- Relieves bloating, gas, and cramping
- Calms the mind and improves mental clarity
- Supports healthy menstrual flow (*thewholejourney.com*)