



Immune Tea



Formulated with Traditional Chinese Medicine theology for it's antimicrobial properties and by the nature of each herb to support healthy immune function.

Chen Pi (Dried Orange Peel)

Affinity for: Lungs, Spleen, Stomach

Actions: Supports spleen, stomach. Transforms phlegm and wet cough. Helps alleviate nausea, heavy chest feeling, congestion, loss of appetite, loose stools.

Sheng Jiang (Dried Ginger Root)

Affinity for: Lungs, Spleen, Stomach

Actions: Releases to the exterior (pathogen), disperses cold and warms the Middle Jiao (spleen / stomach), alleviates vomiting and stops coughing.

Mi Die Xiang (Dried Rosemary)

Affinity for: Lung, Liver, Spleen, Heart, Kidney

Actions: Stops cough, resolves phlegm, supports Lungs, strengthens Spleen, Calms Shen (mental / emotional activity), builds Qi (immune support)

Tulsi (Holy Basil)

Main Classification: Adaptogen

Medicinal Uses: Stress, anxiety, depression, headaches, colds, coughs, asthma, diarrhea, stomach ulcers, indigestion, fever, dysentery, vomiting

- * Add 1-2 tablespoons to 8 cups of water on the stove. Bring to mild boil, reduce to a simmer with a lid on it for 20 minutes. Drink warm or cold. You can sip it or drink at once. **This can be diluted if too strong.** Avoid adding honey to this herbal tea, stevia is ok.
- * Enjoy 3x a week for overall wellbeing, or daily if feeling unwell / recovering from illness.
- * For hot body types (people who run warm, red face, always thirsty, hot flashes, etc) add mint from produce section of grocery store to the pot when you make it. This will change the energetic property of the tea from warm to neutral.