

# BNH - 6 Spice Anti-inflammatory Tea

## Ingredients

Organic Ginger, Organic Turmeric, Organic, Organic Clove, Organic Cinnamon, Black Pepper - All from GMP and GAP compliant growers free of heavy metal contaminants

## About this formula

This formula is drying, heating, warming and stimulating for the body. So it is great for drying up damp conditions such as colds, congestion, excess weight. In addition to supporting circulation and helping clear infections with its antibacterial, anti fungal and anti viral properties, it is an ideal anti-inflammatory support for those who have digestive problems, low vitality due to ongoing stress and persistent muscle and joint aches and pains.

## Dosing

Take 1 - 3 teaspoons daily in 8 oz water. 1 to 3 times per day.

## Directions

1. Bring water to a boil.
2. Pour water over spice tea blend and let steep covered for 25 minutes.
3. Enjoy and consume the grounds unstrained.
  - a. Drinking the tea unstrained helps support growth of a healthy microbiome which helps with immune function, digestion and weight loss long term.
  - b. If you do not like the thickness of drinking it unstrained with the grounds, you can make the tea in a French Press (\$6.00 at Ikea) and strain after steeping. Enjoy just the same.
4. Once brewed, feel free to add sweetener and cream
  - a. honey, stevia, agave or sugar
  - b. cream or non dairy creamers like full fat coconut from a can or oat milk

For those with significant issues with arthritis, aches and pains 2 - 3 Tablespoons in 16 oz water consumed throughout the day is recommended. Contact Njeri Jarvis, MS/RD/LDN - herbalist to discuss ways to help resolve the cause of your aches and pains rather than just help control symptoms.



**Order Tea Here** - 202-390-4938 via Cash App or online at

<https://www.bearnutritionandherbs.com/bnh-artisinal-products>