



Delicious Digestive Teas



Ingredients

Vata tea blend:

- 1/4 tsp fresh ginger, grated
- 1/4 tsp ground cardamom
- 1/4 tsp cinnamon
- 1/4 teaspoon ajwan (celery seeds)
- 1 cup water

Pitta tea blend:

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|-----------------------|------------------------|
| 1/4 tsp grated ginger | 1/4 tsp rose petals |
| 1/4 tsp cumin | 1/4 tsp fresh cilantro |
| 1/4 tsp coriander | 1 cup water |
| 1/4 tsp fennel | |

Kapha tea blend:

- 1/4 tsp dry ginger
- 1/4 tsp ground cloves
- 1/4 tsp dill seed
- 1/4 tsp fenugreek seeds
- 1 cup water



Food Wisdom

Ayurveda has a longstanding obsession with using spices to fire up digestion, improve elimination, and thus prevent and reverse many diseases. Ayurveda teaches that all disease starts in the digestive system. If our digestion is strong, we can transform food to usable material and energy.

Spices work wonders to support improve flatulence, bloating, heartburn, cramping and sluggish digestion. Use the Vata blend if you tend toward gas, bloating and constipation. Use the Pitta blend if you tend to run hot, have heartburn or loose stools. Use the Kapha blend if you tend to have sluggish digestion and chronic low appetite.

Preparation

Boil water and add spices. Cover and let sit for a few minutes. Drink after meals. Enjoy!

FROM AYURVEDIC COOKING FOR SELF HEALING BY USHA AND VASANT LAD

