



## The Soma Sisters Spring Digestive Reset 2026

### **Cumin, Coriander and Fennel tea**

2 c. water  
½ tsp. cumin seeds  
½ tsp. coriander seeds  
½ tsp. fennel seeds

Boil 2 c. of water. Add ½ tsp. each of whole cumin, coriander and fennel seeds. Let the seeds steep for 5 minutes. Remove from heat, strain, and drink warm or room temperature.

### **Cardamom Cinnamon Ginger Tea**

3 c. water  
3” piece of cinnamon stick  
Grated fresh ginger root, about 1/2 in. thick  
10 green, whole cardamom pods

Bring water to a boil in a small stainless-steel saucepan. Add cinnamon, cardamom, and fresh ginger. Boil for 10 minutes. Remove from heat, cover, and let sit for 5 minutes before straining. Serve warm.

### **Fennel Lavender Tea**

3 c. water  
1/2 tsp fennel seeds  
1/2 tsp lavender flowers

Bring water to a boil, add fennel and lavender. Cover and remove from heat. Infuse for 5 minutes and strain.

### **Raspberry Rose Tea**

3 c. water  
1 tsp dried raspberry leaves  
1 tsp dried rose buds or petals (make sure organic)

Bring water to a boil. Add rose and raspberry. Cover and remove from heat. Steep for 5-10 minutes and strain.

- Also sip on warm water throughout, in addition to the herbal teas. There are also several good "detox teas" packaged teas available for ease. Traditional Medicinals and Yogi Tea make good ones.