

Digestion Tea

CCF Tea

Coriander, cumin, and fennel, equal parts of each

- stokes digestive fire and metabolism
- encourages absorption and assimilation of nutrients
- warms up circulation
- cleanses the lymphatic system (detox)
- reduces gas and bloating
- gentle detox
- relieves congestion
- soothes inflammation
- improves elimination
- helpful for nausea, poisons, and toxicity

