

## Kiss Your Heart Tea

Use organic ingredients whenever possible for better taste and greater health.



### *Ingredients:*

- 1 tbsp of Hawthorne berries
- 5 slices ginger root
- 1 5 cm of cinnamon stick (or 3 drops of cinnamon oil)
- 9 cardamon pods
- 9 clove buds (or 3 drops of clove oil)
- 1 tbsp NingXia Wolfberries
- 4 cups of hot alkaline water

### *Instructions:*

Steep all ingredients for 10 to 15 minutes and serve (Wolfberries can be eaten).

Makes 4-5 servings.

## **NUTRITIONAL INFORMATION AND MEDICINAL PROPERTIES**

**Hawthorne Berries:** Strengthen and smooth out artery walls with Vitamin C.

**Ginger:** Lower blood cholesterol by stimulating bile flow.

**Cinnamon:** Anti-fungal to fight infection, good to stop heartburn, diarrhea, and nausea. Regulates blood sugar to assist in weight loss. Lowers cholesterol and helps in arthritic pain.

**Cardamon:** Prevents gas, heartburn, asthma, and sweeten breath. Detoxifies body against negative effects of caffeine and cancerous forming foods.

**Clove:** Most effective parasite killer.

**NingXa Wolfberry:** High in antioxidant, amino acids, and Vitamin C.

**Alkaline Water:** Cancer prevention by creating an alkaline terrain.