

De-Congest (Loose Leaf)



Description:

De-Congest (Loose Leaf) aims to clear sinus and chest congestion by promoting the balanced circulation of energy and substance throughout the body.*

Taste:

Davidson's De-Congest (Loose Leaf) is a vibrant turmeric blend with a sweet cinnamon, licorice finish.

Function:

Davidson's line of organic *Ayurvedic Infusions* aims to promote balance between the mind, body and spirit. These adaptogenic tea blends are meant to align the inner elements and forces of the body, to the outer elements and forces of the universe. In Ayurveda, congestion is an effect of blocked channels, or *srotamsi*, that are meant to promote the movement of energy and substance throughout the body. Respiratory congestion relates to the three mind-body types, or *doshas*: *Vata*, *Pitta* and *Kapha*. Symptoms of a *Vata* imbalance caused by change in climate or excessive stress may include dryness, constriction and breathlessness, and can be soothed with bay leaf and black pepper.* Symptoms of a *Pitta* imbalance caused by one's current state of emotions or lack of self-care may include inflammation, itchiness, fever or infection, and can be counteracted with licorice.* Symptoms of a *Kapha* imbalance caused by a change in weather or a lack of exercise may include excessive mucus, coughing or swelling, and can be pacified with warming spices like ginger, turmeric and cinnamon.*

*These statements have not been evaluated by the FDA. *This product is not intended to diagnose, treat, cure or prevent any disease.* Consult your physician before taking any dietary supplements if you are pregnant or nursing, if you have a medical condition, or are taking medication. Keep out of reach of children.

Ingredients:

Organic cinnamon bark, organic turmeric root, organic licorice root, organic ginger root, organic black pepper and organic bay leaf.

Brewing:

1. Heat fresh, filtered water just short of the boiling point.
2. Add 2 grams of tea to an infuser, or straight into an 8-oz. mug.
3. Pour the heated water into the mug.
4. Steep for 5-7 minutes.
5. Strain tea leaves, or take out the infuser.
6. Sip and enjoy Davidson's *Ayurvedic Infusions*.