

## Digest (Loose Leaf)



### Description:

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Digest (Loose Leaf) is meant to ensure a balanced *agni* and promote the easy absorption of nourishment in order to soothe and regulate digestive function.\*

### Taste:

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Davidson's Digest (Loose Leaf) is a savory cumin blend with a spicy ginger finish.

### Function:

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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. According to Ayurvedic belief, the universe is composed of the Five Great Elements; Ether, Air, Fire, Water and Earth. The Fire element, also known as *agni*, is associated with absorption and digestion. Imbalances in *agni* are related to the three Ayurvedic mind-body types, or *doshas*; *Vata*, *Pitta* and *Kapha*. *Vishama agni*, meaning irregular digestive fire, is associated with the *Vata dosha* and typically manifests as gas, bloating and constipation, which can be counteracted with cumin or fennel seeds.\* *Tikshna agni*, meaning sharp digestive fire, is typically related to the *Pitta dosha* and may present itself as acid reflux, heartburn or nausea, which can be soothed with ginger or peppermint.\* *Manda agni*, meaning dull digestive fire, relates to the *Kapha dosha* and typically causes slow digestion and lethargy after eating, which can be counteracted with dandelion root.\*

\*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:**

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Organic ginger root, organic peppermint leaf, organic cumin seed, organic dandelion root, organic licorice root and organic fennel seed.

**Brewing:**

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1. Heat fresh, filtered water just short of the boiling point.
2. Add 2 grams of tea to a 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*.