



RECLAIMING-WELLNESS.COM

Bonus:

Sugar

Controlling

and Immunity

Strengthening

Herbal Blends

Tea blend #1

Ingredients

- 1 tsp of dried Gymnema
- 1 Cinnamon stick or $\frac{1}{2}$ tsp of cinnamon powder
- 2 inches of Ginger root, grated
- $\frac{1}{4}$ tsp of Orange peel (dried or fresh)
- 18 ounces of water

Instructions

1. Bring water to a low boil
2. Add ginger and cinnamon stick (if powder, leave until the end)
3. Boil at low for 6-7 mins
4. Remove from heat and add gymnema and orange peel (and cinnamon if in powder form)
5. Cover and let it steep for 10 mins
6. Strain and drink 6 ounces of the tea (iced or hot) 3 times a day

Tea blend #2

Ingredients

- 3 inches of Ginger root, grated
- 1 Cinnamon stick or
- ½ teaspoon of cinnamon powder
- 1 teaspoon of licorice root, dried
- 16 ounces of water

Instructions

1. Bring water to a low boil
2. Add ginger, licorice and cinnamon stick (if powder, leave until the end)
3. Boil at low for 6-7 mins
4. Remove from heat, cover and let it steep for 10 mins
5. Strain and drink 8 ounces of the tea (iced or hot) 2 times a day

Tea blend #3

Ingredients

- 1 teaspoon dried Fennel seeds
- 1 teaspoon Coriander powder
- 1 teaspoon Cumin powder
- 18 ounces of water

Instructions

1. Bring water to a low boil, then turn stove off
2. Add fennel, cumin and coriander to water
3. Cover and let it steep for 10 mins
4. Strain and drink 6 ounces of the tea (iced or hot) 3 times a day

SOLANA WELLNESS



ABOUT JOVANKA

Jovanka Ciares is a Registered Herbalist, Executive Wellness Coach & nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021 Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.

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