

RECLAIMING-WELLNESS.COM

**Bonus:**  
**Sugar**  
**Controlling**  
**and Immunity**  
**Strengthening**  
**Herbal Blends**

#RECLAIMINGWELLNESS

# Tea blend #1

## Ingredients

- 1 tsp of dried Gymnema
- 1 Cinnamon stick or ½ tsp of cinnamon powder
- 2 inches of Ginger root, grated
- ¼ 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 of
- 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 Ciales 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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## CONTACT

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