

## Detox (Loose Leaf)



### Description:

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Detox (Loose Leaf) aims to establish a balance of immunity, inner peace and physical rejuvenation, allowing one's *prakriti* to heal and start anew.\*

### Taste:

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Davidson's Detox (Loose Leaf) is a citrus-forward brew with a minty 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. Our bodies are exposed to a number of toxins and stressors, making detoxification necessary to reset one's constitution, or *prakriti*, finding inner balance among the three Ayurvedic *doshas*, or mind-body types: *Vata*, *Pitta* and *Kapha*. Echinacea and lemongrass both allow the body to fight illness and disease.\* Along with dandelion root, a known liver detoxifier, these ingredients best support physical imbalances in *Kapha* types.\* Tulsi, also known as the Holy Basil, has a number of healing properties and is considered to be *satvic*, or peaceful in nature.\* Combined with pacifying peppermint, emotional imbalances in *Pitta* types are properly soothed.\* Lastly, ginger and dandelion root are thought to boost digestive fire, or *agni*, which can counteract imbalances in *Vata* types.\*

\*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 lemongrass leaf, organic echinacea purpurea herb, organic licorice root, organic dandelion root, organic peppermint leaf, organic tulsi leaf and organic ginger root.

**Brewing:**

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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*.