

# COLORADO COLONICS DETOX CENTER



LISA SMITH

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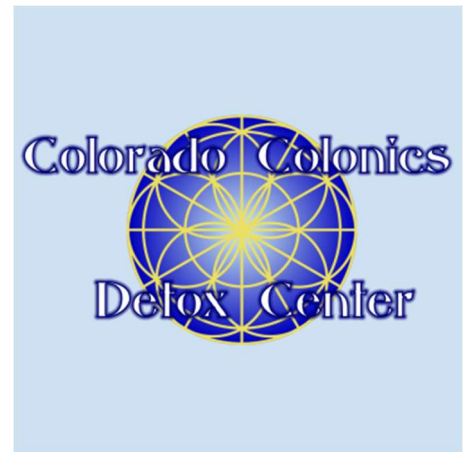
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## *ELEVATED* HAPPY TUMMY TEA!

Brew just like any of your favorite teas!

- Ⓢ CAT'S CLAW – a vine that grows in the rainforest in South and Central America. It is excellent for reducing inflammation and can help balance the immune system. It also has some antiviral effects. Cat's Claw can help dilate blood vessels, thus reducing blood pressure.
- Ⓢ CATNIP – part of the mint family. Consumed as a tea in England before the black tea from China arrived. Gentle and beneficial for children and infants with constipation, colic, and fever. Calms nervousness and restlessness, reduces anxiety, and promotes restful sleep. Recommended for muscular pain, cramps, spasms, and nervous tics. Useful for gastrointestinal upset, indigestion, cramping, gas, especially when induced by stress. Used to help inflammation, and arthritis. Lessens cough, reduces fever, treats colds, upper respiratory infections, congestion in the lungs, sinuses, or middle ear. Has a mild antibiotic and anti-virus property. Helps with hives and is a diuretic.
- Ⓢ SEH-HAW – has been used medicinally for thousands of years in Africa. Here is the short list of reported benefits: Digestive Aid, Liver Detox, Gallbladder Detox, Anti-Inflammatory, Anti-Diabetic, Weight Loss, Anti-Cancer, Lowers Blood Pressure, Opiate Detox.
- Ⓢ BLUE VERVAIN – An extremely bitter herb good for digestion, used by Hippocrates for fever and the plague. Combats depression and mood swings, sedative to the nervous system, feelings of relaxation and uplifting emotions are common. Helpful for sleeping without groggy side effects. Can increase the production of saliva to increase stomach acid and digestive enzymes. If the digestive issues are stress related it can relax the stomach where tension is held. Helps reduce or alleviate cramps, bloating, and flatulence. Powerful plant compounds help to stimulate the liver to heal and strengthen from damage, and promote the release of toxins when consumed regularly. As a diuretic, it helps to flush out unwanted toxins, water retention, improve kidney function, and prevent kidney damage.