

COLORADO COLONICS DETOX CENTER



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VERY BERRY LEMON HEAVEN TEA

Brew just like any of your favorite teas!

- Ⓢ Elderberries/Elderflowers – provides relief from cold, flu, and sinus infection symptoms. It helps to lower blood pressure and is a diuretic.
- Ⓢ Lemon Balm – helps to relieve stress and anxiety. May also boost cognitive function. Helps treat nausea as well.
- Ⓢ Lemon Verbena – has been used medicinally for centuries to stop muscle spasms, fever reduction, and a sedative. May also help with weight loss (improved liver function).
- Ⓢ Lemon Peel – high in antioxidants with D-Limonene and Vitamin C. This has several antimicrobial and anti-fungal properties.
- Ⓢ Hibiscus – prevents hypertension, lower blood pressure, reduce sugar levels, improve liver health, reduces menstrual cramps, helps with depression, and aids digestion.
- Ⓢ Spearmint – Commonly used to relieve indigestion by relaxing the spasms in the gut, can also help with nausea, vomiting, and gas. Anti-inflammatory compounds help soothe sore throats.

