



## CCF Tea - Coriander, Cumin, and Fennel Tea

CCF Tea, helps the gut mucosa, improves the absorption of nutrients and stimulates the lymphatic system. The tea helps move fluid through and out of the body so you may urinate more, which is a good sign.

**Boil 4-5 cups of water in a stainless steel pot over high heat. Then add the seeds.**

½ teaspoon Cumin seeds

½ teaspoon Coriander seeds

½ teaspoon Fennel seeds

Allow the tea to boil for 5 to 10 minutes, depending on the preferred strength. Strain out the seeds, place in an insulated thermos, and sip throughout the day. Let it cool down so it is not uncomfortable hot. It is OK that it will cool down as the day goes on. (It will be warm for most of the day).

**The tea is powerful for several reasons.** One of the most straight forward is temperature. Hot or warm water helps flush your digestive tract and opens the channels inside the body for more efficient waste removal. Another reason is the particular spices in the tea. **Cumin, Coriander and Fennel are three of the most powerful spices** for stimulating digestion, increasing metabolism and waking up a dull and sluggish gut to get things moving again.

ENJOY! And let us know how you like it.

Chaudhary, Kulreet. *The Prime*. Harmony, 2016.

