

# HERBAL TINKERER



## NOURISHING HERBAL INFUSIONS

### Tea vs Herbal Tea

Tea refers to the leaves of a plant called *Camellia Sinensis*. All types of tea ( black, green oolong, pu'ra, etc ) are produced from *Camellia* family which is native to Asia. Herbal tea (tisane) however is an infusion made from a plant other than the *Camellia* family. Unlike teas, herbal teas are caffeine free, offer many health benefits and can be served hot or cold.

### Herbal Tea vs Herbal infusion

Herbal teas are made using less herb and steeping for a shorter period of time and they are weaker than infusions. Herbal infusions on the other hand are made using a higher herb to water ratio, steeped longer, and consumed all day long by carrying the infusion with you (served like water). The purpose of a herbal infusion is feeding your body with a high dose of holistic and organic vitamins and minerals on a regular basis.

## **Nourishing Herbal Infusions**

There is a specific group of herbal infusions called nourishing infusions. These infusions are formulated using adaptogenic and tonic herbs ( elite herbs ) that traditionally known to help body nourish and rejuvenate. They also known to support the body adapt to many type of stresses (called Stressors). Stressors can be emotional, nutritional, physical (gym & exercise) , chemical (pesticides, herbicides, etc) or environmental (water & air pollution).

## **A Lifestyle Makeover**

Our modern lifestyles demand that we pack more into lives than ever before. Working long hours, taking care of the loved ones and socialising often leaves us with not much of time to look after ourselves. Adding stress, processed food, soft drinks and lack of exercise to this mix and we can find ourselves dealing with chronic diseases somewhere down the track.

## **What If, there was something that we can all do to enhance our lifestyles?**

By simply adding nourishing herbal infusions to our days we can simply create a space for our body to take a break, energise, rejuvenate and balance the stressors that our body has to deal with. It's simple, cost effective (\$1 per day!) and only requires 5min preparation time. The impact that nourishing infusion can have on our lifestyle is powerful. Don't take my words for it, test it for yourself, take it up for 6 weeks and pay attention to your body's response. Talk to us today for your custom-made nourishing infusion. If you don't love it return it for a full refund !!

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