

How Does Drinking Tea Support Digestion

First, drinking tea keeps your body hydrated. A well-hydrated body lessens the chances of constipation and helps your system maintain regularity.

Second, specific teas contribute to better digestive health in their own unique ways. They boast a plethora of antioxidants, polyphenols, and other herbal compounds to help your digestive enzymes work smarter.

Tea polyphenols act as prebiotics, which feed the healthy bacteria living in your digestive tract. This can lead to improved digestion, supported weight management, and immune support.

Choose organic loose leaf teas and have fun combining and blending your own!

Best Herbal Teas for Digestion

Kawakawa Tea

Kawakawa has a fresh and slightly peppery taste. It is a member of the pepper family and its circulatory stimulant properties can help to warm a cool constitution, support healthy circulation and bring blood flow to the gut helping with digestive disorders.



Peppermint Tea

Peppermint tea is known for its ability to relieve nausea, indigestion and the feeling of fullness after meals. It relaxes the intestinal muscles and is very effective in relieving irritable bowel syndrome.



Lemon Balm Tea

Lemon balm is related to the mint family and helps relax and soothe gastrointestinal upset, and many digestive-related problems. It is also a mild sedative too.

Chai Tea

Chai tea is prepared traditionally by adding milk and spices. The spices added in it include turmeric, ginger, fennel, aniseed, cinnamon, cardamom, black pepper and cloves. Fennel, ginger and anise are very effective to provide relief from digestive disorders.



Green Tea

Green tea has a lot of antioxidants and due to the high concentration of catechins it can kill the bacteria *H. pylori*, which cause stomach ulcers, is anti cancer and supports weight loss, and does not harm the useful bacteria found in the intestines.



At Cornucopia we make and sell a range of organic herbal tea blends, do check them out and talk to our Naturopaths and Herbalists for the best teas for you.

The flowers and leaves need less steeping than the bark and roots which need to be lightly simmered to extract the active ingredients. This is called a decoction. You can leave them to steep overnight as well and enjoy a cold brew or hot two to three times a day for best effect. There are so many combinations and the digestive herbs below are all so supportive for your digestion and general health.



Chamomile Tea

The delicately flavored flowers have soothing and calming effects for relaxation, insomnia and digestion especially gas, abdominal cramps, bloating, and indigestion in babies, children and adults.



Fennel Tea

If you are feeling bloated or constipated, or have an irritated stomach, fennel tea is the best way to improve your digestion, especially for colic and gastrointestinal distress.



Ginger Tea

is the best tea for digestion if you are looking for something to help you with constipation, flatulence, and cramps and nausea. It is a mild laxative and has antispasmodic and anti-inflammatory properties.

Turmeric Tea.

Curcumin is the active ingredient in turmeric, and this antioxidant is responsible for alkalizing the gut, and thus reducing the effects of acid reflux and other problems that can cause inflammation in your gastrointestinal system.



Lemongrass Tea

It is known to be a very strong antibacterial, antifungal, disinfectant and diuretic. It can detoxify the liver, pancreas, kidneys, and intestines. Drinking a cup of lemongrass tea every day will improve your digestion and reduce the chances of getting intestinal infections and cramps.



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