



# CCF Tea

*Cumin, Coriander & Fennel Tea*



## WHAT TO KNOW

Drink CCF Tea 10 to 15 minutes before lunch and dinner—like an appetizer! This recipe for tea is one of the best ways to stimulate the digestive system and eliminate any undigested food (ama) that may have built up over time.

Ama is responsible for causing all disease in the Ayurvedic model of health. It's simple to make and the oils in the spices will help to stimulate your digestive enzymes when sipped before the meal.

## DIRECTIONS

1. Heat 4 cups (1 qt) of water to a boil. Once boiling, take the pot of water off the stove.
2. Add 1 Tbsp each of cumin seeds, coriander seeds and fennel seeds.
3. Let the water/seed mixture sit and steep for 15 minutes while covered. Strain out the seeds and place the CCF tea in a thermos to keep it warm.
4. Drink 6-8oz (about 1c.) 10-15 min before lunch and another 6-8oz cup 10-15 min before dinner. You will have some tea left over from this batch, and you can sip another 4 oz (½ c) after the meals if you wish.
5. Make the tea fresh every day, and drink this on most days during the next 2 weeks to see how you respond to the tea. You should notice your hunger increasing after drinking it—this is expected and desired!

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