



Assoil/Cerasee Tea

1. Boil water,
2. Put the leaves in a mug
3. When the water comes to a boil pour the water and let it steam for 3 to 5 minutes
4. Add a dash of salt for taste. (No sugar)

Benefits

- 1) help lower cholesterol
- 2) moderate blood pressure and heart rate
- 3) lower blood sugar
- 4) help with weight loss
- 5) fights intestinal parasites and worms
- 6) maintain a healthy gut
- 7) good for acne
- 8) help with in menstrual cramps
- 9) helpful for urinary tract infection
- 10) remove toxins from the body



Ginger Tea

Ingredients

Ginger, Water , Cinnamon Sticks, 3-star anise , Honey (No Sugar)

Instructions

let your water come to a boil, add your Ginger, cinnamon stick, and star Anise. for best results shred your ginger with a grater. You can use this for a cold.



Thyme tea

Instructions

Let water come to a boil, put the thyme in a cup pour hot water in the cup and let it Steam for 3 to 5 minutes add a dash of salt for taste. (No Sugar)

Benefits

- 1) prevent premature aging
- 2) help with digestion
- 3) use as a mouthwash
- 4) Alleviates respiratory issues
- 5) reduce PMS
- 6) improve your mood
- 7) strengthen your immune system
- 8) reduce your blood pressure



Parsley tea

Instruction

Let your water come to a boil ,

Put your parsley leaves in a cup

Pour the hot water in the cup and let it steam for 3 to 5 minutes

Add a dash of salt for taste (No sugar)

Benefits

- 1) prevent water retention
- 2) promote bone health
- 3) anti-cancer properties
- 4) detoxify the body
- 5) prevent bad breath
- 6) keeps a healthy heart
- 7) fight arthritis
- 8) boost your immune system
- 9) help with eyesight
- 10) help with regulate your cycle(Menstrual)



Orange, Lime, and Lemon Tea

Instructions let your water come to a boil add Orange, lime, and lemon peels crush garlic and 4 cloves add honey for taste. (No Sugar) this could be taken if you have a cold or sore throat

Everything is done in moderation with the teas.