



**GIFT YOUR LOVED ONES SOMETHING HEALTHY FOR
CHRISTMAS !!**

**INFUSER TEA CUP WITH A STRAINER & LID WITH A TIN OF OUR
SPECIALLY BLENDED AYURVEDA TEAS FOR \$20**





AYURVEDA TEAS
Certified Organic


According to the National Institute of Health, Ayurveda is considered to be a form of complementary and alternative medicine. This practice includes meditation, exercise, massage, dietary recommendations, as well as daily and seasonal disciplines. By combining these methods, a state of physical and psychological well-being is promoted by balancing the mind, body and behavior in harmony with nature and the environment.

An imbalance, due to an abnormal increase or depletion of these elements causes ill-health. Under Ayurveda, all mental and physical functions of a human body are controlled by three "Doshas" or energies — Vata, Pitta and Kapha. When these energies are working in tandem, proper health is maintained. Ayurvedic Indian tea formulas are purported to help enhance the balance or correct imbalances that result from daily living. .

**PLEASE ASK YOUR SERVER FOR PACKAGED
AYURVEDA TEA'S. (50 gms.)**

<i>Varanasi Secret</i>	\$10	<i>Refresh your Mind</i>	\$10
<i>Silence</i>	\$10	<i>Ayurveda Energy</i>	\$12

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