



# Kate Porter Yoga

YOGA FOR NORMAL PEOPLE

## "Monsoon Chai" by Kate

**Monsoon Chai™** will transform your body, mind and computer systems! Stabilising and soothing your entire system and, a cup of this tea each day will mean you never have to see your doctor, psychologist, astrologist or IT consultant ever again.



### Recipe

- Brew a jug of pure Peppermint tea, but don't leave the bag in too long, remove it once your desired strength is achieved.
- Infuse into the tea a stick of fresh ginger and a wedge of lemon.
- Add a spoon of honey, mix and then refrigerate.

**Peppermint:** The peppermint herb is a hybrid of water mint and spearmint. Commonly used for digestive assistance, it is used to relieve many ailments like gastritis, irritable bowel syndrome, motion sickness, nausea, cramps, and many other conditions.

**Lemon:** Known for it's many benefits, lemon is used to treat nausea, heartburn, constipation and parasites. It is even known to help relieve hiccups when consumed as a juice. Lemon juice acts as a liver tonic and helps you digest your food by helping your liver produce more bile. It decreases the amount of phlegm produced by your body. It's high vitamin C content helps treat many infections and hastens wound healing.

\*Never scientifically proven but Kate assures you this tea tastes wonderful before or after a yoga session!

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