



Kate Porter Yoga

YOGA FOR NORMAL PEOPLE

"Zanzibar Infusion" by Kate's Mum

Zanzibar Infusion™ will fill your life with the exotic excitements of the Spice Islands. Sweetening your spirits and spicing up your love life, this tea is for those who love life. *



Recipe

- Brew a medium strength black tea.
- Stud a lemon with cloves and leave it in the tea to brew.
- Add honey to taste.
- Finally, drop in a couple of cinnamon sticks and fresh ginger, then refrigerate.

Cloves: have anti-inflammatory, antispasmodic and disinfectant agents which are helpful for numerous conditions including arthritis, coughs, colds and muscle spasms. Chock full of minerals and vitamins cloves have been used for centuries to treat bad breath and gum disease.

Cinnamon: is a disinfectant and an anti-flatulent. It is a relaxant and is non-toxic to relieve nausea and menstrual cramps. It has been known to also be beneficial in lowering cholesterol and regulating blood sugar levels.

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



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