

MASALA CHAI SPICE

WARMS YANG AND STRENGTHENS QI



Cinnamon relieves abdominal pain from cold and treats diarrhea. **Cardamom** Resolves Phlegm-damp in the Lungs. **Ginger** dispels cold, relieves nausea and vomiting. **Black pepper** moves Liver Qi stagnation. **Fennel** nourishes Blood, builds Spleen Qi, and resolves Phlegm Damp in the Lungs.

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