

TANGLED UP IN BLUEBERRY

HYDRATING, BUILDING AND GENTLY CLEANSING



Blueberries benefit the Liver, nourish Yin and Blood, and soothe the Liver.

Coconut nourishes Heart Yin and clears False Heat. **Lemon** moves Liver Qi, clears Heat, nourishes Yin, calms Shen and transforms Phlegm. **Black Rice** builds Jing. **Congee** softens the fiber of 6 rices for a soft, soothing intestinal cleanse..

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