



CUMIN, FENNEL & CORIANDER MIX TINCTURES

Cumin

It is well known for its positive effects on digestive health and its ability to cleanse and detoxify the body.

Benefits include:

- Reducing gas, indigestion and cramps
- May help absorb minerals from the intestines
- Eliminating toxins and congestion from body and mind

Coriander Seeds:

This seed also balances all three doshas, with a beautiful effect on cooling high body temperature and excess gastric “fire”.

Benefits include:

- Reducing heat or acid in the stomach
- Decrease congestion
- Calm digestive system and helps joint pain
- Improving skin irritation or rashes

Fennel Seeds:

This seed is often chewed at the end of an indian meal to support digestion.

Benefits include:

- Relieving gas and cramping
- Calms mind and improves clarity of thinking
- Supports healthy menstrual flow
- Stimulates appetite