



## Ayurvedic Am Pachan Detox Tea

### Ingredients:

Water : 5 cups  
Cumin seeds : 2 tsp  
Coriander seeds : 2 tsp  
Green cardamom seeds : 1/2 tsp  
Fennel seeds : 1 tsp  
Fresh ginger : 2 tsp (1/2 tsp if using dry ginger)  
Black pepper : 2 peppercorns  
Optional: maple syrup, jaggery or little honey to taste if needed  
Other herbs: as advised by your practitioner

### Method:

Mix all the spices in water in a large stainless steel pan. Boil and simmer on low heat for 15 min. Turn off the heat, cover and let steep for 15 minutes. Strain and store in insulated jug (thermos) and drink throughout the day, away from meals. You can keep sipping (warm) ½ cup every 3 hours, up to 5 cups/day or as advised by your practitioner.

This ayurvedic decoction can be used as a digestive, refreshing, calming, healing & cleansing drink. Great to take after therapies such as abhyanga. Sipping warm teas throughout the day is also a highly effective way to flush out accumulated toxins from the body.