

# Anti-Inflammatory Tea



A functional tea blend made from green tea, ginger, turmeric, black pepper, cinnamon, monk fruit, and healthy fats. This formula is designed for gentle, everyday support of inflammation, digestion, and metabolic balance.

## Ingredients (Single Cup)

- 1 tsp green tea
- ½ tsp ginger
- ½ tsp turmeric
- 1/8 tsp black pepper
- Optional: ¼ tsp cinnamon (blood sugar support)
- ½–1 tsp coconut oil, olive oil, or MCT oil (add after steeping)
- Monk fruit sweetener to taste

## Instructions

Heat water until hot but not boiling. Add dry ingredients and steep for 5–7 minutes. Stir in oil after steeping and sweeten if desired. Drink 1–2 cups daily.

## Notes

Not intended as medical treatment. Avoid if on blood thinners or with gallbladder disease. Green tea may reduce iron absorption if consumed with meals.

Source: SilverMistWorld.com — Practical wellness without hype.