



Anti-Inflammatory Tea — Targeted Blends That Actually Make Sense

Most anti-inflammatory teas are under-dosed, poorly absorbed, or oversold. This guide is different because each blend is tuned by purpose, not buzzwords. These formulas support inflammation, digestion, or blood sugar without pretending to be medicine.

Arthritis Support Blend (Joints and Stiffness)

Why this works

Turmeric paired with black pepper supports inflammation control. Ginger supports joint mobility and circulation. Green tea provides antioxidant support. Adding fat at brewing time is critical for turmeric absorption.

Single-Cup Formula

1 tsp green tea. 1/2 tsp ginger. 1/2 tsp turmeric. 1/8 tsp black pepper. At brew time add 1/2 to 1 tsp coconut, olive, or MCT oil.

Drink 1 to 2 cups daily. More is not better.

Bulk Dry Mix (30 servings)

30 tsp green tea (about 10 tablespoons). 15 tsp ginger (5 tablespoons). 15 tsp turmeric (5 tablespoons). 3 and 3/4 tsp black pepper (1 tablespoon plus 3/4 teaspoon). Use 2 tsp mix per cup. Add fat when brewing.

Gut-Soothing Blend (Digestion and Bloating)

Why this works

Ginger calms the digestive tract. Turmeric reduces irritation. Green tea is kept low to avoid stomach upset. Cinnamon is removed because it can irritate sensitive digestion.

Single-Cup Formula

1/2 tsp green tea. 3/4 tsp ginger. 1/4 tsp turmeric. Pinch of black pepper. Optional sweetener: honey or monk fruit. Optional fat: 1/4 tsp.

Drink once daily, ideally after meals.

Bulk Dry Mix (30 servings)

15 tsp green tea (5 tablespoons). 22 and 1/2 tsp ginger (7 and 1/2 tablespoons). 7 and 1/2 tsp turmeric (2 and 1/2 tablespoons). 1 and 1/2 tsp black pepper. Use 1 and 1/2 to 2 tsp per cup.

Blood Sugar Support Blend (Metabolic Support)

Why this works

Cinnamon modestly improves insulin sensitivity. Green tea supports glucose handling. Ginger improves circulation. No sweeteners are used except monk fruit if needed.

Single-Cup Formula

1 tsp green tea. 1/2 tsp ginger. 1/4 tsp turmeric. 1/4 tsp cinnamon. 1/8 tsp black pepper. Optional fat: 1/2 tsp.

Drink with or after meals, 1 to 2 cups daily.

Bulk Dry Mix (30 servings)

30 tsp green tea (10 tablespoons). 15 tsp ginger (5 tablespoons). 7 and 1/2 tsp turmeric (2 and 1/2 tablespoons). 7 and 1/2 tsp cinnamon (2 and 1/2 tablespoons). 3 and 3/4 tsp black pepper (1 tablespoon plus 3/4 teaspoon). Use 2 tsp per cup.

Brewing Instructions (All Blends)

Heat water until hot but not boiling. Add dry mix and steep for 5 to 7 minutes. Add oil after steeping. Sweeten only if needed, monk fruit preferred.

Safety and Reality Check

Not for use with blood thinners unless approved. Skip if gallbladder disease or active ulcers. Green tea reduces iron absorption and should not be consumed with iron supplements. This is supportive nutrition, not treatment.

