

Eye Brightening Chrysanthemum Gogi Tea

- long history of use in Traditional Chinese Medicine
- eye protecting benefits



Chrysanthemum flowers are well-known for their ability to brighten eyes, reduce dryness and eye pressure, and address various eye discomforts. When brewed, the flavour and taste is soothing and calms the mind - it can make you feel refreshed and rejuvenated after a day of hard work. In a pinch you can use Chamomile flowers, but it's worth the trip to your local Chinese Herbal store to find Chrysanthemum flowers!

Goji Berry is a small miracle fruit! Grown high in the mountains it is loaded with tons of nutrients, all 8 essential amino acids, is a good source of iron, and is rich in Vitamins A & C which are beneficial to our vision and skin health. This orange-red little anti-oxidant beauty is slightly sweet and very versatile. Add them to trail mix, muffins or brew with your tea! Goji berries have such high levels of healthy anti-oxidants, especially zeaxanthin, that they can help protect the retina from harmful blue light. If you spend long hours on your phone or laptop consider consuming goji berries!

This **Eye Brightening Tea** is an easy and quick pick-me-up tea after a long day.

Simply put a 1 heaping tbsp of dried flowers in a small pot or cup, pour boiling water over them. Let it steep for at least 10 minutes. Strain the flowers. Place 2 tsp of goji berries into your mug and pour the hot liquid over them. Let it steep for another 15 minutes - until the liquid turns slightly pink and lip warm.

Add a teaspoon of **Raw Honey** to magnify the sweetness and ENJOY!

Don't forget to munch on the soaked berries
when you've finished your

Eye Brightening Tea!