

Focal Point Energy Tea

This unique blend of herbs provides a wonderful alternative to coffee or regular tea. It is a drink that actually hydrates the body and aides in one's overall well-being. Easy to brew, it may be drunk hot or cool. The natural occurring caffeine in Yerba Mate' is less than the amount in a cup of green tea.

Enjoy the pleasant taste and natural benefits of this healthy drink. This tea will benefit and tonify all twelve Meridian systems.

American Ginseng [Panax Ginseng]



This Ginseng is grown in Canada and is known as a cool ginseng.
Properties: Sweet and slightly bitter
Meridians: Heart, kidney, and lung
Action: Benefits the chi, generates fluids, nourishes the yin and clears

the fire from the lung.

Goji Berry [Lycium Barbarum]
www.pubmed.com search "Lycium Barbarum"
Properties: Sweet, bitter and a bit salty
Meridians: Liver, lung, and kidney
Action: Nourishes and tonifies the liver, lung and kidney. It provides a balancing pattern of yin and yang.

According to Traditional Chinese Medicine this is one powerful little berry. It packs a big wallop for its size.

*500 times more vitamin C by weight than oranges.
*18 amino acids which are 6 times higher in proportion than bee pollen
*21 trace minerals
*more beta carotene than carrots
*packed with vitamins B1, B6, and E

Astragalus [Astragali Membranaceus]

Properties: Sweet, slightly warm
Meridians: Lung and spleen
Action: Tonifies the spleen, lung, chi, and blood. Enhances and stabilizes the chi.

Chrysanthum [Flos Chrysanthemii]

Properties: Sweet, slightly bitter, slightly cold.
Meridians: Liver and lung
Action: Calms and controls the liver. Disperses and clears discordant energies of the liver and lungs. Improves yin energy.

Licorice Root [RADIX GLYCYRRHIZAE URALENSIS]

Properties: Sweet, neutral, [raw] warm
Meridians: All 12 meridians entered, primarily the heart, lung, spleen, and stomach
Action: Tonifies spleen and stomach. Clears the heat. Enhancing the lung chi and activity. Moderates and harmonizes the characteristics of other herbs as well

as leading and conducting other herbs into the meridians.



Yerba Mate'

[Ilex paraguariensis]
Properties: Slightly bitter sweet
Meridians: Lung, large intestine liver, spleen, heart, and kidney.

Action: Cleanses and purifies the blood and the chi. Tonifies the heart, liver, and spleen. Enhances the effectiveness of other herbs.
Trace Minerals, Vitamins B3, B5, B6, C and E

Benefits

- Improved Immune system
- Stress reduction
- Hydrates skin
- Stronger muscles and bones
- Weight release or gain as needed
- Increased energy and strength
- Balanced blood sugar
- Normal blood pressure
- Healthy cholesterol levels
- Nourish the organ system