

CCF Ayurvedic Herbal Tea

What is CCF Tea?

CCF Tea is a traditional Ayurvedic herbal infusion made from **cumin, coriander, and fennel seeds**. It's a gentle, balancing tea known for supporting digestion, detoxification, and calming the nervous system.

Benefits of CCF Tea:

- Supports healthy digestion and metabolism
 - Reduces bloating, gas, and indigestion
 - Gently detoxifies the body
 - Balances the doshas
 - Calms the mind and supports emotional well-being
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Ingredients:

- 1 tsp Cumin seeds
 - 1 tsp Coriander seeds
 - 1 tsp Fennel seeds
 - 4–5 cups of water
- + Thumb of fresh ginger in the winter or if suggested based on your constitution (Vata & Kapha types benefit from added ginger especially if there are digestive issues)

You can buy these seeds from an Indian or South-Asian grocery store (for freshness) or from tradetechocrats.com that sells bulk spices.

How to Prepare:

1. Combine all seeds in a saucepan with water.
2. Bring to a boil, then reduce heat and simmer for 5–10 minutes.
3. Strain and sip warm throughout the day. You can store in a thermos.

Optional: Add a squeeze of fresh lime or a few mint leaves for extra flavor. Vata types will benefit from a thumb of crushed ginger into this, especially in the winter.

When to Drink:

- First thing in the morning for digestive support
- Between meals to reduce bloating and calm the mind



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