

**REAL**

**CHai TEA**

## Yogi/Chi Tea recipe

Yogi Tea (also called Chai or **CHI TEA**) is a health-promoting beverage and a tonic for the whole body. It strengthens the nervous system, energizes the body, clears the mind, and is both a remedy and preventive measure for colds, allergies, and other diseases of the mucous membranes. The spices together create a synergistic healing effect. The black pepper is a blood purifier; cardamom aids digestion; cloves strengthen the nervous system; cinnamon aids calcium absorption; ginger heals inflammations and removes physical weakness; the soy or dairy milk aids in assimilation, and the black tea activates the ingredients. Yogi Tea is best made in at least a two quart batch at a time. It can be stored in the refrigerator or even frozen. Simply heat tea and add milk and honey when you're ready to drink it.

**To make two quarts:** Bring two quarts of water to boil in 3-4 quart pot. Add **15 whole cloves** and boil for one minute. Then add **20 black peppercorns, 3 sticks of cinnamon, 20 green cardamom pods (crush or split pods first), and 8 or more slices of fresh ginger root** (about 1/4" slices; no need to peel). Spices may be bought in bulk at health food stores or Indian grocery stores. May add **nutmeg** if a calming effect is desired.

Cover and boil gently for at least 30 minutes. (For best flavor, cover tightly and boil over a low heat for 2 to 3 hours!). When through boiling, turn off and add **1/2 teaspoon of black tea** (do not omit; you can use decaf black tea as we do) and let tea cool. Strain tea; use or store. When ready to drink, sweeten to taste with honey, maple syrup, or brown sugar. Add soy milk or dairy milk. Drink often!

According to Dr. Frawley and Dr. Lad of the Ayurvedic Institute, **Ginger** is considered one of the best and most *sattvic* of the spices, and is called *vishwabhesaj*, "the universal medicine." It is a stimulant, and expectorant, increasing *agni* and reducing *kapha*. Fresh ginger is great for colds, cough, and nausea. It is a heart tonic, helps with arthritis, and is used to treat respiratory and digestive disorders.

**Cloves** are an effective stimulant and aromatic for the lungs and stomach. They dispel chill and disinfect the lymphatics. They are very heating and energizing as they are *rajasic*.

**Black Pepper** is a powerful digestive stimulant, it destroys toxins, cleanses the alimentary canal and increases *agni*. *Rajasic*.

**Cardamom** is a mild digestive stimulant, it awakens the spleen, awakens *agni*, stimulates the mind and heart, helps neutralize mucus and detoxifies caffeine. Its quality is *sattvic* and is good for opening the flow of *prana* in the body.

**Cinnamon** strengthens and harmonizes the flow of blood circulation. Expectorant for colds and flus, strengthens weak constitution. It strengthens the heart, warms the kidneys, and promotes *agni*. Like ginger it is almost a universal medicine. *Sattvic*.

**Nutmeg** is a great spice for increasing absorption in the digestive tract. It is one of the best medicines for calming the mind. However, it has a tamasic quality, and in excess can increase dullness of mind.