

SHAKTI CCF TEA

*Daily Detox • Digestion •
Lightness • Feminine Flow*

With Love From, Mindy Arbuckle

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Ingredients (Jar Mix):

- 3 tbsp cumin seeds
- 3 tbsp coriander seeds
- 3 tbsp fennel seeds
- 2 tbsp dried ginger
- 1 tbsp crushed cardamom pods
- 1 tsp dried rose petals (optional)

How to Brew (My Favorite Method):

Simmer 1 tbsp of the blend in 4 cups water for 10 minutes. Strain (or don't!), add fresh lemon, for brightness and vitality (*my favorite way to drink it*) and sip throughout the day — hot, room temp, or chilled.



Other Ways to Brew:

- Flash-Simmer: A quick, warm cup in minutes.
- Overnight Infusion: Gentle, hydrating, effortless.

What It Supports:

- Gentle daily detox
- Clear, calm digestion
- Lightness + reduced bloating
- Steady, grounded energy
- Feminine flow + clarity

Intention:

"I welcome clarity, lightness, and flow. My body releases what it no longer needs, and I rise nourished and aligned."