

## Benefits of giggitea

The giggitea Detox is a great way to detoxify and cleanse your body naturally. Using 100% organic ingredients our detox programme will help remove toxins from your body and help you feel energized, clean and restore your natural balance. The giggitea Slimming tea is specifically designed to increase metabolism, suppress appetite and increase fat burning. Our Slimming tea blend includes Garcinia Camborgia extract, which is regarded as “an exciting breakthrough in natural weight loss”. To maximise results we recommend a sensible daily routine of breakfast, lunch and dinner along with regular exercise, this way you will also feel the benefits of our teas.

Below find a general list and the details of the ingredients we use in our tea:



**Cassia Seed**

Cassia seeds are used to benefit vision, reduce hypertension, and relieve constipation. The seeds are used to relieve itchy, red eyes in a patient that is suffering from cold and flu symptoms. They are also used to treat red, painful eyes that are sensitive to light, excessively tearing up, and causing a headache.



**Chamomile**

It is commonly known that chamomile is a great soothing and relaxing tea, but it does so much more than that like relieves stress and anxiety. Chamomile fights the common cold and supports your immune system. It also fights insomnia, depression and sleepless nights to give your body a proper rest! So while you are resting and sleeping this is where it starts to go to work by relieving rheumatic problems, alleviate allergies, facilitate bowel movement and speed up healing of skin ulcers, wounds or burns!



**Dandelion Leaf**

Promotes cleansing and detoxifying of the body, it supports your liver and stimulates your bladder to work in a healthy way. It provides vitamins A, B, C and contains anti-oxidants. It's a natural source of minerals such as potassium, phosphorus, calcium, zinc and iron. It helps fight infections and helps reduce the risk of cancer.



**Fennel**

Some of the components of the essential oils in fennel are stimulants and they stimulate secretion of digestive and gastric juices, while reducing inflammation of the stomach and intestines, and facilitating proper absorption of nutrients from the food. Furthermore, it can eliminate constipation and thereby protect the body from a wide range of intestinal troubles that can stem from being blocked up. It also has antacidic (basic) properties and is extensively used in antacid preparations. In culinary applications, it is also used as an ingredient of focal point of many appetizers.



### **Garcinia Cambogia Extract**

Garcinia Cambogia is one of the hottest weight loss products today. The herbal supplement is making waves in the diet industry, thanks to an endorsement from several nutrition experts. They describe the supplement as “a revolutionary fat buster” and “a breakthrough in natural weight loss.”

Garcinia Cambogia is the small, sour fruit of a tropical tree that is native to Indonesia. The fruit is cultivated for culinary purposes in Asia, India and Africa. Ayurvedic medicine uses the extract for various treatments including weight loss, stomach ulcers and digestive problems. Here are five more amazing benefits of Garcinia Cambogia.



### **Goji berry**

Extremely high in vitamin A and a good source of Zeaxanthin which is found in vegetables like Kale, Spinach and Broccoli, in fact it contains more iron than found in Spinach as well as 21 other key trace minerals. It has all 18 amino acids, B1, B2, B6 and vitamin E and contains more vitamin C by weight than any other food found on Earth! It helps promote weight loss, improves circulation within the body, boosts the immune system, and strengthens muscles, skin and hair. It also protects the liver, improves sexual function and fertility and is known for its anti-ageing properties.



### **Lemongrass**

This great ingredient has many anti-oxidant and anti-inflammatory properties; in fact it helps reduce the risk of cancer and diabetes. It has a high iron content, contains folate, potassium, magnesium, zinc and phosphorus. Rich in vitamin A and C, and provides vitamin B6, riboflavin and niacin.

All these benefits will help lower cholesterol, keep your heart healthy, reduces stress, fight off infections by removing unwanted toxins and detoxifying the body. It also promotes weight loss by helping melting away unwanted fat.



### **Lotus Leaf**

Benefits are it increases blood flow and lowers blood pressure; basically it's good for the heart. More importantly it helps aid natural weight loss by increasing your metabolism and can also help treat various weight problems. Lotus leaves are especially good with preventing people from gaining weight as well and absorbing your body's carbohydrates and fats and turns them into energy.



### **Oolong Leaf**

Whilst having caffeine content it is relaxing to drink especially with its fragrant and fruity aromas. The health benefits include reducing chronic health conditions such as heart disease, inflammatory disorders and high cholesterol levels. It provides a high level of antioxidants, promotes healthy and dense bone structure and is also very good for promoting healthy skin and gums!



### **Pu'erh Leaf**

Pu'erh Leaf helps improve your mental alertness and keeping the brain active. It helps stimulate the central nervous system, heart and muscles, keeping your body working in a healthy way. This helps you keep young so it is said to have good anti-ageing properties as well. It has also been said that it can help reduce the risk of diabetes. Other traditional benefits are removal of unwanted toxins, curing dysentery, improving eyesight and aiding weight loss!



### **Rhubarb Root**

One of the medicinal benefits of the rhubarb roots is that on account of the presence of two major purgative constituents, this herb is known to be very beneficial in the treatment of diarrhea. The rhubarb root when consumed tends to increase the contractions of the colon and also helps in the cleansing of the colon. The purgative constituents of the Chinese rhubarb are also effective in getting rid of any bacteria that may be causing the diarrhea.



### **Rose Flower**

Not only does this ingredient have its natural beautifying properties by its great anti-ageing properties and natural moisturizing content, but it also helps with toning and complexion of the skin by tightening pores and restoring suppleness. It has high amounts of vitamin C and therefore fights of infections and boosts your immune system. It helps promote weight loss by its great cleansing properties by removing unwanted toxins from the body.



### **Sencha Green Tea**

Originating from Japan our Sencha Green tea is packed full of powerful, naturally occurring antioxidants, including vitamins such as vitamin C. It is very, very good for you polyphenols like epigallocatechin gallate and it prevents disease and fatigue. With caffeine and calorie-burning catechins in the mix, this amazing ingredient helps stimulate the metabolism and helps burn body fat.



### **Senna Leaf**

The Senna Leaf helps promote healthy movement within the bowels; it helps keep things flowing in the gastrointestinal tract and encourages regular bowel movement. It has high anti-inflammatory properties and because of this it removes heat from your colon, helping get rid of waste from old food that has built up over time.