

Astra Diet Tea™

Caffeine Free Herbal Supplement

Therapeutic Actions

1. Taken as a pleasant tasting tea to reduce appetite and improve digestion; should be used with Astra 18 Diet
2. Use as an invigorating energy tonic

Chinese Therapeutic Effects

Circulates Qi

Tonifies Qi

Resolves stomach phlegm

Regulates stomach and spleen

Administration

Internal: One cup of tea, ½ hour before each meal; or anytime as a sweet tasting substitute for sweets

Take with Astra 18 Diet

16 teabags, net wt. 1.13 oz, 5 day supply

Contraindications: Avoid taking before bedtime because of energizing and diuretic effects.

Ingredients

Peppermint leaf
bo he

Ginger rhizome
gan jiang

Perilla leaf
zi su ye

Eleuthero root
ci wu jia

Loquat leaf
pi pa ye

Lophatherum leaf
dan zhu ye

Formula Rationale

Astra Diet Tea is designed to be used with Astra 18 Diet as part of a weight loss program. The formula contains herbs that regulate the stomach functions to restore the appetite to normal and assist in obtaining maximum nutrition from a limited diet. Loquat (*pi pa ye*), perilla (*zi su ye*), and lophatherum (*dan zhu ye*) help settle stomach agitation. Eleuthero root (*ci wu jia*) and peppermint (*bo he*) promote digestion. Loquat (*pi pa ye*) and ginger (*gan jiang*) together resolve phlegm.

Clinical Notes

1. Use in conjunction with plenty of fresh fruits and vegetables and moderate exercise for weight loss
2. Improves sluggish digestion
3. Should be soothing for colitis and Crohn's disease symptoms, even though being overweight is generally not a concern in these cases
4. The formula does not contain tea or caffeine
5. May be used for prevention and treatment of altitude sickness
6. Offer in your waiting room as a pleasant beverage. Can be useful following treatments during which nausea occurs

Additional Formulas

- Use with **Leantain GT**, **Astra 18 Diet**, or **Griffonex 5-HTP** as part of a weight loss program
- Use with **Astra Garlic** or **Polilipid** to reduce blood cholesterol and remove fats from the system
- Use with **Flavonex** to reduce blood cholesterol and as a general system tonic for the elderly and overweight
- Consider **Phellostatin** for anti-fungal effects