

# goDésana Organics Herbal Teas & Blends

**Black Assam Tea** | 80mg caffeine per serving  
**Certified Organic Ingredients:** Black Assam Tea from India

**Cellular Herbal Tea** | 20mg caffeine per serving  
**Certified Organic Ingredients:** Green Tea, Green Rooibos Tea, Sheep Sorrel, Red Clover Herb, Ginger Root, Astragalus Root, Blessed Thistle, Aronia Berry, Goldenseal Herb, and Rosemary Leaves

**Cleanse Herbal Tea** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Licorice Root, Burdock Root, Ginger Root, Chamomile Flowers, Senna, Red Clover Herb, Eleuthero Root, Lemon Peel, Alfalfa, Passion Flower, and Clove

**Detox Herbal Tea** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Green Rooibos Tea, Dandelion Root, Brahmi, Wormwood, Burdock Root, Spearmint Leaves, Peppermint Leaves, Galangal Root, Birch Leaves, and Lemon Balm (Melissa)

**Green Rooibos Tea** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Green Rooibos Tea from South Africa

**Green Tea** | 35mg caffeine per serving  
**Certified Organic Ingredients:** Green Tea (Camellia sinensis) from China

**Heart Berry Protect Blend** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Hawthorn Berry, Dong Quai Root, Ginkgo Biloba, North American Rhodiola Powder, and Bilberry Extract

## Additional Supplements & bioMinerals

To maximize hydration and nutrition, it is suggested that we replace the water in our body with clean water that has been boosted with plant-based vitamins, trace minerals, micro-nutrients, phyto-nutrients, chlorophyll, and enhanced to increase alkalinity. Drinking 4 cups per day for every 50 pounds of body weight would take, on average, 30 days to replace the water content of your body. Adding goDésana Organics Supplements & bioMinerals to your water is the perfect way to complement The Tea Lifestyle.

**Cell Vitality**  
**Ingredients:** Ionic sea minerals from the Great Salt Lake in Utah, USA. Contains no other added ingredients. This product contains over 72 naturally occurring ionic trace minerals in varying trace amounts as found in seawater, including Calcium, Silicon, Selenium, Phosphorus, Iodine, Chromium, Manganese, Iron, Copper, Molybdenum, Zinc, and Vanadium

**Chromium beStable**  
**Ingredients:** Chromium and RO Water Twice Purified

**Clay Vitality**  
**Ingredients:** Pure Calcium Bentonite Clay

**Green Vitality Superfood Blend**  
**Certified Organic Ingredients:** Wheatgrass Juice Powder, Barley Juice Powder, Alfalfa Juice Powder, Kamut Juice Powder, Oat juice Powder, Sunflower Sprouts, Chia Sprouts, Bilberry Leaf, Nettle Leaf, Kale, Broccoli Sprouts, Pea Sprouts, Clover Sprouts, Lemongrass Leaf, Olive Leaf, Peppermint Leaf, Spinach, Watercress, Celery, Parsley, Rosehips, Pau d'Arco, Dandelion, Ginkgo, Chickweed, Avocado, Avocado Seed

**Iodine beBalanced**  
**Ingredients:** Iodine and RO Water Twice Purified

## For More Information

Name \_\_\_\_\_

Phone \_\_\_\_\_

Consultant ID # \_\_\_\_\_

Web Address \_\_\_\_\_

**LIFEx<sup>5</sup> Herbal Blend** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Ashwagandha Powder, Astragalus Powder, Maqui Berry Powder, Schisandra Berry Powder, and North American Rhodiola Powder

**Peppermint Leaves** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Peppermint Leaves from Egypt

**Red Rooibos Tea** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Red Rooibos Tea from South Africa

**Sip & Slim Herbal Green Tea** | 40mg caffeine per serving  
**Certified Organic Ingredients:** Green Tea, Oolong Tea, Cacao Nibs, Cardamom, Ginger Root, Fennel Seed, Cinnamon Bark, Bitter Orange Peel, Orange Peel, Elecampane Root, and Matcha Green Tea

**Soothe The Soul Herbal Tea** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Rooibos Red Tea, North American Rhodiola Powder, Passion Flower, Gotu Kola, Lemon Balm, Licorice Root, Skullcap

**Wise Woman Herbal Blend** | 0mg caffeine per serving  
**Certified Organic Ingredients:** Black Cohosh, Vitex (Chaste) Berry, Shatavari Root, Maqui Berry Powder, Bilberry Extract

**Iron beStrong**  
**Ingredients:** Iron and RO Water Twice Purified

**Magnesium beCalm**  
**Ingredients:** Magnesium and RO Water Twice Purified

**Osteo Support Blend**  
**Ingredients:** Magnesium, Calcium, Zinc, Potassium, Boron, Manganese, Cobalt, and RO Water Twice Purified

**Potassium beAlkaline**  
**Ingredients:** Potassium and RO Water Twice Purified

**Silica beVital**  
**Ingredients:** Silica and RO Water Twice Purified

**Silver beSafe**  
**Ingredients:** Silver and RO Water Twice Purified

**Vanadium beSteady**  
**Ingredients:** Vanadium and RO Water Twice Purified

**Zinc beSecure**  
**Ingredients:** Zinc and RO Water Twice Purified

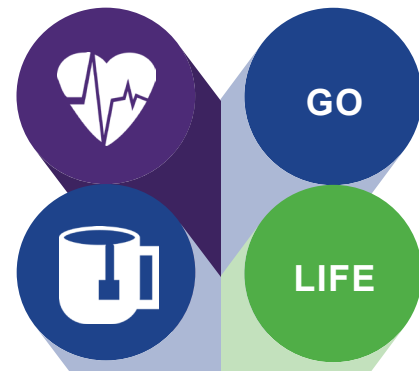
## Disclaimer

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes, particularly if pregnant or nursing.

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 feel the difference

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# Health

GODÉSANA ORGANICS TEA LIFESTYLE

## Tea: A Miracle of Nature

**Our exclusive Soothe the Soul Herbal Tea taken before bed may help reduce levels of fat-storing stress hormones.**

It has been long accepted that drinking tea is good for your health. But it is only during the last ten years or so that scientists have begun to turn their attention to the connection between drinking tea and losing weight.

There are several versions of the Tea Diet being promoted and they all seem to have good results. The thing they all have in common is tea; Green tea, Oolong tea, Black tea, and even the Rooibos tea from Africa (no relation to the true tea plant). All of these teas except the Rooibos come from just a single plant, Camellia sinensis.

The scientific connection between drinking tea and losing weight has been extensively researched and has been narrowed down to three compounds found in tea; Caffeine, L-Theanine, and EGCG.

The combination of all three compounds together seems to hold the key to tea's incredible health benefits in regard to weight loss. Researchers found that each one of these compounds taken alone has a degree of efficiency in helping the body to lose weight.

It's the combination that gives tea its ability to help take the weight off and keep it off. The best part is these three ingredients are all found naturally in the Camellia sinensis plant.

### Why Adopt The Tea Lifestyle?

Studies show drinking tea can help deactivate the genes that trigger fat storage. Green Tea is by far the best possible source of EGCG, a polyphenol that can deactivate the genetic triggers for diabetes. Green Tea also contains Folate, a second critical nutrient that turns off genetic switches for weight gain and insulin resistance.



### HEALTH TIPS:

**HYDRATE**  
 For optimal hydration, sip nutrient rich tea and supplement-enhanced water all day. Drink a combination of 4 cups of tea and water for every 50 pounds of body weight.

**CHEW, CHEW, CHEW**  
 By chewing your food completely, you support your body in the digestion of its building blocks, start the alkalizing process, and assist the intestinal villi.

**ALKALIZE**  
 Eat an 80/20 diet rich in alkalizing foods. For example, 80% of what you ingest would be selected from the alkaline food list and 20% from the acidic food list.

**TRACK RESULTS**  
 You may start the goDésana Tea Lifestyle to lose weight, but you'll be surprised how good you feel with this simple, delicious, and all-natural healthy lifestyle choice.





To start the goDésana Organics Tea Lifestyle, drink a total of 4 cups of Sip & Slim Tea or Green Tea before noon. For added energy and enhanced health, add LIFEx<sup>5</sup> at 10:00 am. Enjoy a light lunch and dinner, 2 healthy snacks, and unlimited alkalizing vegetables from the list. Throughout the rest of day, sip on 3 or more herbal tea blends that do not contain stimulants or caffeine. Enjoy Soothe the Soul Herbal Tea and Magnesium beCalm at bedtime.

## Green Tea's Three Metabolic Miracles

**CAFFEINE**  
Caffeine is a natural stimulant that has been shown to boost the generation of heat in the body. This process is at the center of weight loss; it is the way in which fat molecules are "burned". Numerous studies have shown that caffeine increases energy expenditure.

Most of the time, we are not in such an intense state of excitement or stress, even though the caffeine rush sends such a signal to the brain. This is why the L-theanine in tea is so important, and what makes tea the perfect plant.

Minutes after caffeine has entered your system, the L-theanine is secreted from the small intestine into the blood system and into the brain. There, it stimulates alpha brain waves which produce a state of relaxed and effortless alertness, thus canceling out the harmful effects of the caffeine and also reducing the appetite and the storage of fat in the body.

**EGCG**  
EGCG stands for a chemical compound called Epigallocatechin-3-gallate. It is a chemical compound known as catechin, which is a compound known for its antioxidant properties. In combination with the caffeine and L-theanine, it is a potent factor in stimulating weight loss.

Studies have shown that there is a synergistic interaction between EGCG and caffeine that further promotes energy expenditure. The authors of the study concluded that EGCG not only stimulated but prolonged fat tissue thermogenesis to a much greater extent than just caffeine alone, and that tea's "thermogenic properties could reside primarily in an interaction between its high content in catechin, polyphenols, and caffeine..."

The beauty of this is that all you have to do to obtain their wonderful benefits and start dropping pounds and inches is to find the teas you love and start drinking them all day!

**L-THEANINE**  
Camellia sinensis, the tea plant, is one of the only plants to contain L-theanine, a non-protein amino acid. Caffeine is a stimulant. It revs up many of your body's processes and sends your nervous system into a state of shock. After ingestion, it is secreted into the bloodstream and makes its way to the brain where it stimulates your beta brain waves. Beta brain waves are meant to be stimulated for the fight-or-flight response when you are in danger.

*Why Adopt The Tea Lifestyle?*  
You'll slow aging, look and feel younger, and live longer. According to a Case Western Reserve University study, "Chemicals in tea appear to protect your skin from sun-induced stress which can cause the cells to break down prematurely." So says Elma Baron, M.D., the study's author.

# The Tea Lifestyle

### 🕒 7:00 am

Drink 2 cups of goDésana Organics Sip & Slim Herbal Green Tea or goDésana Organics Certified Organic Green Tea.

### 🕒 9:00 am

Drink 2 cups of goDésana Organics Sip & Slim Herbal Green Tea or goDésana Organics Certified Organic Green Tea. Skip your typical breakfast. A study in the *International Journal of Molecular Science* found that fasting overnight followed by Green Tea intake allowed for the best possible absorption of EGCG, the power nutrient in Green Tea.

### 🕒 10:00 am

*For a clean and healthy energy boost, add in LIFEx<sup>5</sup> Herbal Blend.*



*Sipping tea at regular intervals throughout the day, and getting in four cups of Green Tea before noon, reduces your hunger so that 2 light meals & 2 small snacks will leave you feeling satisfied.*



### 🕒 11:00 am

Drink 1-2 cups of your choice of goDésana Organics Herbal Tea blends.

### 🕒 12:00 pm

Enjoy a healthy lunch; choose one of the following options or create your own DIY lunch.

- Vegetable Soup & Unlimited Veggies
- Spinach, Romaine & Chicken Salad
- Romaine Salad with Salmon
- Napa Cabbage Salad
- Love Bowl (rice/veggies/protein)
- Baked Fish or Poultry & Unlimited Veggies
- GO Magic Soup

### 🕒 2:00 pm

Drink 1-2 cups of your choice of goDésana Organics Herbal Tea.

#### GO Magic Soup

- 1 teaspoon Pink Himalayan Salt
- 1 teaspoon Black or White Pepper
- 2 teaspoons Coconut Oil, Ghee, or Olive Oil
- 3 cups Water
- 4 cups Diced vegetables of choice (Fresh broccoli or asparagus is amazing)

*Simmer ingredients for 30 minutes. Use an immersion (hand) blender and mix until smooth. Season to taste with additional oil, salt, and pepper.*

### 🕒 4:00 pm

Drink 1-2 cups of the following goDésana Organics Herbal Teas that do not contain stimulants or caffeine: Cleanse, Detox, Peppermint, Green Rooibos, Red Rooibos, and Wise Woman.

### 🕒 6:00 pm

Enjoy a healthy dinner; choose one of the following options or create your own DIY dinner.

- Vegetarian Chili
- Baked Fish or Poultry & Unlimited Veggies
- Quinoa, Black Beans & Unlimited Veggies
- Chicken Vegetable Soup
- Love Bowl (rice/veggies/protein)
- Protein & Unlimited Veggies
- GO Magic Soup

### 🕒 7:00 pm

Drink 1-2 cups of the following goDésana Organics Herbal Teas that do not contain stimulants or caffeine: Cleanse, Detox, Peppermint, Green Rooibos, Red Rooibos, and Wise Woman.

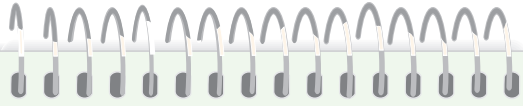
### 🕒 9:00 pm

Wind down your day with 1-2 cups of goDésana Organics Soothe The Soul Herbal Tea and two droppers of Magnesium beCalm.

## DIY Lunches & Dinners

Customize the 2 light meals per day to your personal tastes using the following healthy guidelines:

- 4 ounces fish or chicken **or** 3 ounces lean beef or pork (seasoned to taste)
- 1-2 teaspoons of Coconut Oil, Ghee, or Olive Oil
- ½ cup of legumes **or** your favorite grain: brown basmati rice, quinoa, or buckwheat
- Unlimited vegetables from list at right



*In addition to lunch and dinner, enjoy two healthy snacks and unlimited alkalizing vegetables from the lists below.*

#### HEALTHY SNACKS

- Grapefruit
- Medium Apple
- 1 Cup Fresh Berries
- Nut Butters with Veggie Sticks
- Fresh Veggies & Hummus
- Avocado Slices
- goDésana Organics Smooth Vitality

#### UNLIMITED VEGETABLES (80% of food)

Alfalfa	Leeks
Artichokes	Lettuce
Arugula	Mustard Greens
Asparagus	New Baby Potatoes
Basil	Okra
Beets	Onion
Bok Choy	Parsley
Broccoli	Peas
Brussels Sprouts	Peppers
Cabbage	Pumpkin
Capsicum/Pepper	Radish
Carrot	Red Cabbage
Cauliflower	Red Onion
Celery	Rutabaga
Chives	Sea Vegetables
Cilantro	Spinach
Collard Greens	Spring Greens
Comfrey	Sprouted Seeds (all)
Coriander	Sprouts (all)
Cucumber	Squash
Eggplant	Sweet Potato
Endive	Turnip
Garlic	Watercress
Ginger	White Cabbage
Grasses	Yams
Green Beans	Zucchini
Kale	