



Anti-Ama Formula

This anti-ama formula is an Ayurvedic digestive remedy designed to help reduce ama, the toxic buildup that forms when digestion is weak.

Servings: Enough powdered formula for approximately 24 cups of tea
Preparation Time: 10 minutes to mix the herbs, 2 minutes to make the tea



Ingredients

- 1 Tbsp. **ginger powder**
- 1 Tbsp. **coriander powder**
- 1 Tbsp. **cumin powder**
- 2 Tbsp. **fennel powder**
- 2 Tbsp. **dry mint powder** (if the mint is flakes, make sure to grind it into powder)

Instructions

- Mix the above ingredients together and place in a glass jar to use over several days.
- Add 1 teaspoon of the above mixture to 1/2 cup of hot water and drink after lunch and dinner

Anti-Ama Formula (Cont.)



This formula is excellent for all 3 doshas to help remove ama.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

