

Caribbean Teas & Spices

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Cerasee Tea

Cerasee is made from the bitter melon plant leaves.

Provides relief for stomach and menstrual pain, has laxative properties, is said to purify the blood, it is believed to help remove toxins from the body for clearer skin, and said to have some effect on the control of diabetes and for persons at risk of high blood pressure.

While also rich in vitamins A and C, phosphorus and iron, which can help with high cholesterol and inflammation.





Bush Mint / Peppermint

Fresh or dried bush mint / peppermint is excellent for helping to fight viral and bacterial infections.

Peppermint tea is also caffeine-free, rich in antioxidants and vitamins, and delicious when served traditionally as hot or iced tea.

Sour Sop Leaf

The soursop fruit, also known as Guanabana in the Spanish-speaking islands, has many uses as in making juice and ice cream.

Tea made from the leaf of the sour sop tree is highly recommended to treat insomnia or problems with the nervous system. It is believed to be a calming agent, lowering blood pressure and reducing anxiety.





Bizzy Tea (Kola Nut)

Kola Nut, also known as Bizzy Nut, or Bizzy. This nut is grated, boiled and then sweetened with sugar or honey.

The ailments Bizzy is said to relieve are, menstrual cramps, headache, gout, rheumatism, jaundice, nausea, vomiting, and upset stomach. Bizzy is further used in removing poisons from the body, birth, aids in the control of diabetes, and weight loss. Enough can't be said about this miracle nut.

Moringa Leaves

Containing 96 nutrients and 26 antioxidant, is if believed to be a natural multivitamin.

Moringa is from the Oleifera tree. What does it do? It contains lots of iron and is a great source of calcium, vitamin A, potassium, vitamin B6, vitamin C, magnesium and beta carotene.





Allspice

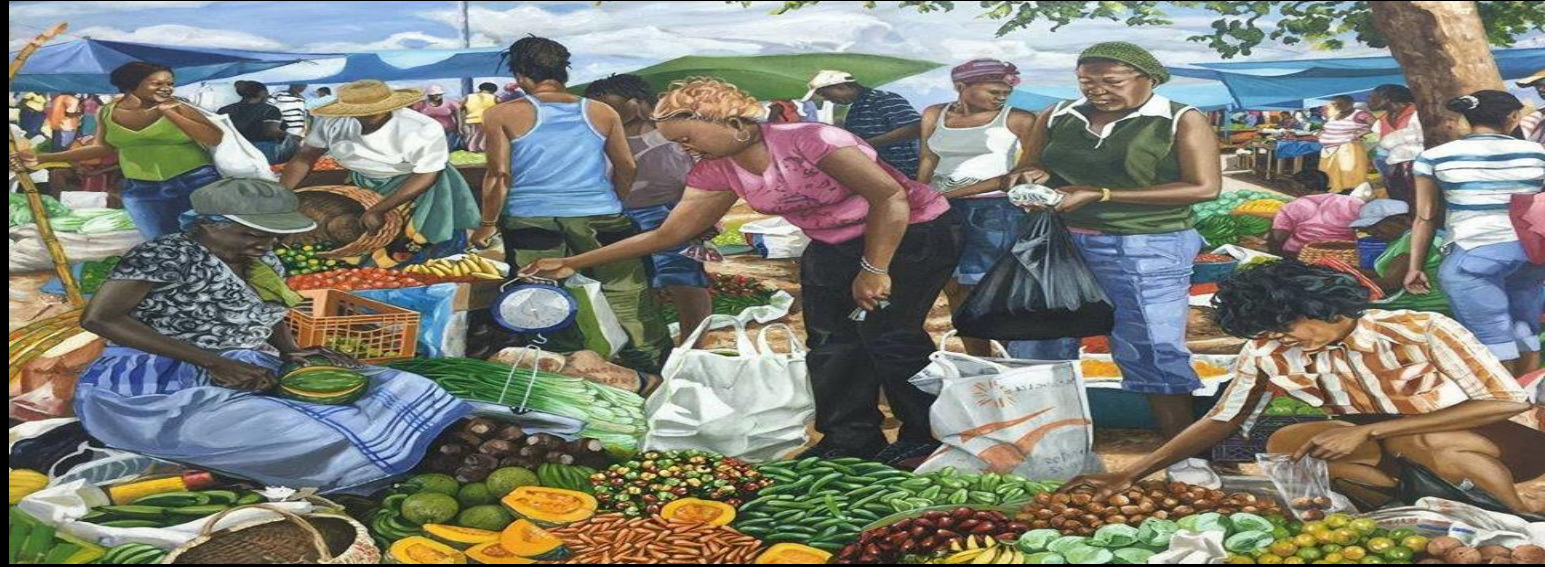
Also known as pimento, the small berry is dried, finely ground and used in the nation's world-famous Jamaican jerk delicacies. It's used in dry rubs, marinades, sauces, and pickling. It's a single spice unique to itself, with tones that resemble a combination of cinnamon, cloves, nutmeg and black pepper.

Nutmeg

Nutmeg, a spice derived from the dried seeds of the *Myristica fragrans* tree, is renowned for its warm, woody aroma and versatile culinary applications. It is a staple in many spice racks, gracing dishes worldwide with its unique flavor profile.

Beyond its culinary prowess, nutmeg is also celebrated for its potential health benefits, offering a range of purported advantages for digestion, sleep, and more.





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