

# The Metabolic Repair Tea

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## ***Ingredients:***

- 1 Avocado seed (chopped into 4 pieces)
- 1 Cinnamon stick
- 1 Tablespoon Hibiscus flowers
- 1½ Cups water

## ***Instructions:***

- 1 Place all ingredients in a saucepan.
- 2 Simmer over medium heat for 10 minutes until fully infused.
- 3 Strain into a cup and drink.

## ***The Science:***

This tea is rich in Anthocyanins, Polyphenols, and Cinnamaldehyde.

## ***The Benefits:***

- Increases insulin sensitivity and reduces resistance.
- Improves circulation.
- Helps glucose enter cells instead of staying in the bloodstream.