

## **Tea Tidbits by...**



### ***What is this LaPacho Tea I've been sipping?***

You may have noticed a new tea on tap at Beyond and are wondering what it is. LaPacho tea, also known as The Divine Bark from the Pau d'Arco tree, originally native to rain forests in Central and South America. The Pau d'Arco tree has bright green oval shaped leaves with yellow/gold seams. The tree, when in bloom, produces clusters of dangling purple trumpet flowers.

*LaPacho*, as the locals call it, is actually the inner bark of the tree, which is shaved off in long strips and boiled to make tea. Brazil, Argentina, Mexico and even the Bahamas consider the Pau d'Arco tree bark to be a cure-all and have been using it medicinally since early times.

The inner bark is a powerhouse of micronutrients including minerals such as iron, calcium, selenium, magnesium, manganese, zinc, phosphorous and potassium. Vitamins include A, B-Complex and C.

Along with micronutrients, the bark has a wide range of properties; antifungal, antibiotic, antibacterial, antimicrobial and antiviral. As such, LaPacho is excellent in Candida control with its antifungal (most widely used for), antimicrobial cleansing properties. Other important benefits due to its nutritional profile are the building of red blood cells as well as being an immune-booster.

In the colon, LaPacho acts as an excellent cleanser fighting yeast and restoring a favourable micro biome. Mucous-clearing, whether in the lungs or colon, LaPacho is great for the cold and flu season.

With LaPacho's excellent resume, I will definitely make room in my tea cupboard for this 'Divine Bark'!

