



4 REASONS TO DRINK PAU D'ARCO TEA

1.



ANTI-INFLAMMATORY

A 2008 study reported that tea made from the Tabebuia (Pau D'Arco) tree's inner bark may subdue the production of prostaglandins which is a group of inflammatory lipids that are made at sites of tissue damage or infection.

BRAIN PROTECTION

Pau D'Arco contains beta-lapachone which can "suppresses neuroinflammation by modulating the expression of cytokines and matrix metalloproteinases in activated microgli" reducing your risk of chronic pain, fatigue, and depression.



2.

3.



DETOXIFIES THE BODY

Pau D'Arco tea consumption is a great way to remove harmful toxic substances and detox your body. Toxins such as air pollution, heavy metals, pesticides, preservatives, and cleaning chemicals residue, are flushed from blood vessels, cells, organs, and the lymphatic system, letting the body function more efficiently and reset.

WEIGHT-LOSS

In a 16-week study of overweight mice, the mice fed Taheebo aka Pau D'Arco lost significantly more weight and body fat than those given a placebo. Studies in mice have also demonstrated how Taheebo can reduce the triglycerides in fat cells, reducing fat digestion — resulting in fewer absorbed calories.

4.



Arco Tea Study Guide

Joseph A. Murray



Arco Tea Study Guide:

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