

Strategies for Ultimate Health



The Seeds Of Life

Tonic Creamers

Our creamers are warmed & made from the latest technology of micronisation. Extracting the valuable nutrients to a maximum bio-available form.

1. Omarom - for energy at the cellular level

The Tibetan mushroom Cordyceps synthesises ATP, cold fusion energy at the cellular level. Astragalus builds Wei Qi & Ginseng supports the pituitary adrenal system & hypothalamus thus regulating hormones.

Cordyceps, Astragalus, American Ginseng, Gynostemma tea, Omica Vanilla Stevia and Coconut Oil

55



2. Beyond Beauty (not for pregnant women)

An old Chinese proverb says that 'the 1 who takes Schizandra Berry for 100 days in a row youth will be bestowed upon & beauty will again return'.

Essence of micronised Pearl, Wild Schizandra Berries, Goji Berries, Gynostemma tea, Vanilla Stevia & Coconut Oil.

55



3. Libido Driven

When sexual vigor is cultivated wisely, it converts to a most potent creative force. The result is a person with a strong mind, high spirit & will have the appearance of sheer radiance.

Cistanches, He Sho Wu, Eucomia, Cordyceps, Gynostemma tea, Butterscotch Stevia & Coconut Oil. Hold on to your pants...

60



Who doesn't want to live their life to the fullest, healthiest, happiest & to be successful? In China these attributes are called Radiant Health. One of the keys to building radiant health is the Taoist tonic herbal system, particularly the Superior Class of herbs which we mainly use here at SOL. This system is the most fully developed system in the world & is available to us right here, NOW. Have you ever heard anyone say they don't want physical vitality, the glow, sexual vigor & response, adaptability, clear intuition, slow aging, happiness & a harmonious relationship with nature & our fellow humans? It's what you put in that counts. What are you putting in your body today to make you more?

Strategies for Ultimate Health

Tonic Creamers Continued



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4. More Than Before

The fundamental aim of the Oriental Healing system is to nourish & harmonise the being. This is achieved through basing our efforts on the 3 Treasures. When the Body Mind & Spirit are strong, we prosper.

Reishi, Astragalus, He Sho Wu, American Ginseng, Cordyceps, Gynostemma Tea, Butterscotch Stevia & Coconut Oil.

60



Jing
Qi
Shen
Adaptability

5. Zazen

Reishi is the quintessential expression of a tonic herb. For thousands of years it has been revered by the Taoists & herbalists as an intelligence of un-rivaled potency. Combined with chocolate & boom, the best just got better!

Reishi, He Sho Wu, Cinnamon, Gynostemma Tea, Chocolate Stevia & Coconut Oil.

55



Jing
Qi
Shen
Adaptability

Did you know?

Coconut Oil is a highly combustible fuel. It quickly catches on 'digestive fire'. Amongst its own health properties, when you add to superfoods or our Micronised tonic herbal powders, it potentiates the bio-availability up to 10 times the potency. It's like throwing kindling on a raging fire!

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Tonic Decoctions

A Decoction is an extraction of phytonutrients from plants by boiling in water. It is a means to sequester their water soluble constituents. We use lead free clay pots.

1. Iron Digestion - A Raw Foodies Formulation

This formula is specifically designed to strengthen the digestive system by steaming off dampness in the spleen, mobilising stagnant qi and creating the fire in the digestive tract needed to obtain the elemental energy our environment, food & drink offers us.

Dang Gui, White Peony Root, Ligusticum, White Atractylodes, Alisma, Poria & Longan.

40



2. The Jing Slinger

Nourishing all 3 Treasures this decoction is abundant with phytochemicals not found in the common plant kingdom. The power in this formulation is in the balancing of the Yin & Yang Jing, building blood, strengthening the Qi thus stabilizing the Shen or "Spirit".

Reishi, Ginseng, Goji, White Atractylodes, Astragalus, Poria, Dang Gui, White Peony, Prepared Rhemannia, Polygala, Aged Citrus Peel, Licorice Root, Cinnamon Bark, Schizandra Berries.

40



3. Adaptive Evolution

How good would it be to have plant intelligence working for you in a way that is non-toxic, dual directional, regulating and most importantly tonifying adaptation to your environment? Here it is...

Gynostemma, ginseng, Tibetan Rhodiola, Reishi, Goji's, Jujube Date, Eucommia Bark, Polygonum, Prepared Rhemannia, Astragalus, Schizandra Berrie's, Polygonatum, White Atractylodes, Licorice Root.

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Strategies for Ultimate Health



The Seeds Of Life

Tonic Decoctions Breakdown & Benefits

1. Iron Digestion - A Raw Foodies Formulation

Most of us have had or still have digestive issues & when transitioning to a mostly raw food diet, digestive concerns are known to arise. This formula is specifically designed to strengthen the digestive system by steaming off dampness in the spleen, mobilising stagnant qi and creating the fire in the digestive tract so many of us need to obtain the elemental energy food & drink offers us. It is designed to strengthen digestion, reduce bloating, improve energy, assist with difficult menstruation, dries moist stools, & most importantly build and nourish blood. RFF is an excellent tonifying formula in a postpartum recovery program. Upon drinking this tonic you may feel the “Qi Rising” from the center of your stomach/spleen/duodenum system towards the lungs as it meets with the Oxygen Qi before entering the meridians. Then the blood with the nutrients will follow this Qi through the organ systems & out to the extremities.

2. The Jing Slinger

This formula is the quintessential representation of the efficacy of Taoist Tonic Herbalism. Nourishing all 3 Treasures and is abundant with phytochemicals not found in the common plant kingdom. The power in this formulation lies within the balancing of the Yin & Yang Jing, building blood, strengthening the Qi thus stabilizing the Shen or “Spirit”. By tonifying Jing, Qi & Shen this formula is safe for everyone on a regular basis & is highly recommended by our herbalist as it also intelligently supports all 5 primary organ systems – Heart/Full Yang (fire), Lungs/Early Yin (metal), Kidneys/Full Yin (water), Liver/Early Yang (wood), & Spleen/Balanced Phase (earth) – what are you waiting for, this is it.

3. Adaptive Evolution

If there is a human, animal or plant alive that is truly un-effected by its environment, study it, live it, breath it, consume its lessons and become it. Until then, this ‘nothing short of a superhero elixir’ has all the major adaptogens, beta-glucans, polysaccharides, saponins and terpenoids to work non-specifically in supporting your entire system on its journey through the day. Stress, specifically and non-specifically creates inflammation which is the start of many physical imbalances. How good would it be to have plant intelligence working for you in a way that is non-toxic, dual directional, regulating and most importantly tonifying adaptation to your environment? If there was just 1 formula, here it is, get into it.

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The Seeds Of Life

Tonic Decoctions Continued

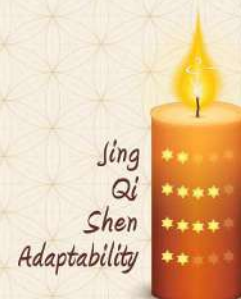
Obviously the efficacy of the tonic herbs depends on the quality. We have sourced only the best quality tonic herbs grown in the wild or by family lineages of farmers who know understand this importance. Wild & Organic, we bring you the best.

4. Shield for Higher Feminine Expression

Specifically designed for assisting women establish a healthy physiological balance by regulating the hormonal system.

Bupleurum, Peony Root, White Atractylodes, Peppermint, Dried Ginger, Licorice Root, Poria.

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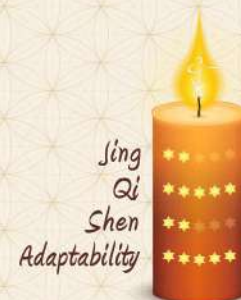


5. Dang Gui & Astragalus Formulation

As we know, blood follows Qi or Prana. One of the oldest formulations still today, this tonifies both the blood organ & the Qi/Prana system.

Dang Gui, Astragalus, Goji Berries, Licorice Root.

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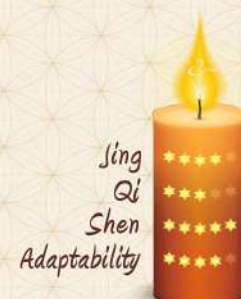


6. Pearl Shen Formulation

If we look at tonifying all the organ systems physical & etheric, we come to the question, then what? Well, what the result of this practice becomes is our ability to carry ourselves through the day with ease and grace.

Pearl, Reishi, Poria, Bupleurum, White Peony root, Jujube Date, Polygonatum, Goji's, Schizandra Berries, Licorice root.

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The dual directional activity of these herbs is what makes them Adaptogens. It's like they have 2 sets of DNA working to regulate the body's natural bio-rhythms. We don't even have to think about controlling the body's mechanisms so long as we ingest these natural constituents on a daily basis. A science known & meticulously documented for thousands of years by the Chinese master herbalists.

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The Seeds Of Life

Tonic Decoctions Breakdown & Benefits

4. Shield for Higher Feminine Expression

Specifically designed for assisting women establish a healthy physiological balance by regulating the hormonal system. The result, creating a great foundation for emotional balance where emotional irregularities have thrown this out of sync. In China, this formula is widely used to treat irregular menstruation & many other feminine specific imbalances where it has been primarily used to eliminate pre-menstruation syndrome.

5. Dang Gui & Astragalus Formulation

In many parts of China, this simple formulation is considered to be one of the most effective ever created. As we know, blood follows Qi or Prana. This tonifies both the blood organ & the Qi/Prana system. Astragalus on its own is a Qi tonic, when Dang Gui is added it becomes a blood tonic, as it is more of an analgesic, blood builder and blood stimulant. Together, become a technology that improves circulation and warms the extremities in people with cold hands and feet. In cases of people with fever due to weakness or those whom have become exhausted from lack of nutrition or overwork, this formula may help.

6. Pearl Shen Formulation

If we look at tonifying all the organ systems physical & etheric, we come to the question, then what? Well, what the result of this practice becomes is our ability to carry ourselves through the day with ease and grace. We now have the deep capacity to be of great service to others & ourselves, is this not the purpose - to shine brightly, like the light of the candle? Now you've got the most simple yet incredibly vital foods in your system, you're working with a cultivation practice that puts this fuel to use, your feeling like your ready for the next level. Here it is, this combination has been used by the sages & the stewards of wisdom for lifetimes. This formula cultivates a peaceful, universal attitude & tonifies the power & will of the mind. This formula is particularly good for those recovering from heartbreak, anxiety, excessive worry, deep fear & emotional exhaustion. The combination of these technologies is fundamentally a pure Shen tonic.

Even after all these years the Sun never says to the Earth 'You Owe Me'
Look what happens with a love like that...Look... - A Hafiz



Got Sing?



Loloh ~ The Seeds of Life Tonic Bar



The Seeds Of Life

Cocktails & Elixirs for peak performance, immortality & fun Herbal extract powders from the Chinese & Ayurvedic Tonic Herbal systems

Sabdaraffa ~ 55k

Into the world of Mojito's we dive with the next 3 on the list. This one is all about building the organic acids needed for superior health like malic, citric, tartaric acid, polysaccharides, glycosides, mother vinegar for cleaning liver & tissues. Anti-bacterial, anti-spasmodic, diuretic, anthelmintic, decreases the rate of alcohol absorption.

Systems: Immune, liver, blood, nervous & digestion.

Summa: Our Mojito's are based on our green or black tea kombucha, lemons, mint & coconut palm nectar. For this one we add a generous serving of Rosella powder.

The Dedy Singapore or 'DJB' ~ 55k

Our very creative bartender Dedy Singapore created our recipe for the 'Jambucha'. Which is our Jamu recipe fermented on the second round with our our Kombucha. Pretty epic on its own, tho we have taken it to a whole new level of health with added Mangosten & Sour Sop/Graviola Powders.

Systems: Anti-Inflammatory, circulatory, sinus, respiratory & skin.

Summa: Mojito based again with the addition of locally grown organic mangosteen & sour sop powders.

AmlaChanga ~ 55k

Highly rejuvenative on many levels, we combine amlaki & the fermented kombucha to bring about a tonic drink that supports balancing gout, vertigo, osteoporosis, colitis, constipation, gastritis, anemia, supports the spleen, liver tissue deficiency, mental dis-orders & cleanses the mouth. It is a natural source vitamin C & tastes epic.

Summa: The 3rd & last of our Mojito range, made from Kombucha, Bali lemons, mint & palm nectar, then we add Ayurvedas Queen of the herbal kingdom - Amalaki. Not to be underestimated, Ayurveda has over 10,000 herbs in its pharmacopia & Amla is in the top 5 & used the most over any other of its herbal allies.

Too complex to get your head around? Try one of our herbal iced teas. ~ 35K

Gotu Kola ~ Supreme brain tonic

Tulsi/Holy Basil ~ Next to the Lotus, Tulsi is the most sacred plant in India. Coughs, colds, sinus, nervine.

Ashitaba ~ Japan's "Leaf of tomorrow". Good for regeneration & longevity.

Gynostemma/Jiaogulan ~ The highest source of adaptogens & is excellent for longevity also.

Shot of Shilajit ~ 50K

What is Shilajit? We use the live resin from the Himalayas. Again one of the top 5 herbs used in Ayurvedic herbal application though it is not a herb. Rather a mineral pitch the oozes out of the Himalayas & Siberia & carries the healing power from these great mountains. Used through time to treat diabetes, obesity, jaundice, gall stones, dysuria, cystitis, edema, kidney stones, hemorrhoids, sexual debility, menstrual disorders, asthma, epilepsy, insanity, skin diseases & parasite. And gives you a lot of strength. & doesn't taste great...

Systems: Urinary, nervous, reproductive.



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Amla Dhatri ~ 65k

A super nutritive tonic, Ojas building icy frappe that has a good ginger kick! Great for stomach & vitamin C, rejuvenative, aphrodesiac, refrigerant, stomatic, astringent.

Systems: Circulatory, digestive & excretory systems.

Summa: Amlaki, Rosella, Sol's coconut kefir coconut probiotic, frozen banana & pineapple, ginger bug, orange, apple & vanilla stevia.

Ibu Yashti Madu ~ 60k

This is the entry level Tonic Elixir for those who are new to the game. It supports the mucus membrane, great for sore throats, cleansing the lungs & stomach, rejuvenative, demulcent/expectorant, ulcers, adaptability, auto immune support, ATP & all round supreme wellness.

Systems: Digestive, autoimmune, respiratory, nervous, reproductive & excretory.

Summa: Blended Reishi mushroom, cordyceps, goji, cinnamon, cardamom, licorice root, white turmeric, raw chocolate & nut milk.

OjasRas ~ 55k

High Chai Vibes with this one. Supports bones/marrow, liver, blood, circulatory system, mucous membrane, digestion, builds agni & ojas, reduces inflammation tho can be Rajasic in large amounts. Become the buddha.

Summa: Served warm. Reishi, cordyceps, licorice, black pepper, star anise, cinnamon, cardamom, nutmeg, cloves blended with nutmilk & raw chocolate.

Wu Wei Zi ~ 75k

A very classy cocktail built to support your brain, kidneys, lungs, eliminate toxins, purify the liver & helps to rejuvenate youthfulness.

Summa: A one of a kind martini of Shizandra Berry & extract powder, E3Live AFA extract powder, coconut yoghurt, cinnamon, cardamon, served over Ashitaba & peppermint Shizandra ice-cream, & your choice of raw chocolate or caramel ganash.

Brain on! ~ 70k

Total support for your brain and digestion, because they're interconnected. Really potent pigments and anti-oxidant from the phycocyanin/blue green algae.

Summa: E3 Aive's "Brain On" extract powder, frozen banana, coconut yoghurt, coconut probiotic, ginger bug, young living spearmint oils blended with fresh coconut milk.

Citric Anupana ~ 70k

The potency of this martini is in the simplicity. Using the extremely potent Blue Green algae containing Aphanizomenon flos-aquae harvested wild, supports increased energy, mental focus, intestinal health and immunity, healthier skin, nails & hair.

Summa: AFA Blue Green Algae from E3Alive, Coconut probiotic, citrus blast Co2 extract essential oil & vanilla stevia shaken with ice & then strained into a thunderbolt martini glass.

[More cocktails for spontaneous enlightenment over page](#)



Loloh ~ The Seeds of Life Tonic Bar



The Seeds Of Life

Warmed Balinese-Ayurvedic 'Jamu' herbal Elixirs Teas

All organic & grown locally by Nadis herbals

All served with a little cashew milk & the tiniest amounts of fresh cane & brown sugar

Zingiber ~ 40k

5 Element = Fire. Aids digestion, bloating, gastro intestinal, menstrual cramps, cold & flu & poor circulation

Summa/Ingredients: Zingiber/Red Ginger officinale, Ginger, Pandanus, Clove, Cinnamon & Lemongrass.

Ibu Pertiwi ~ 40k

5 Element = Fire. Aids digestion, anti-microbial, astringent, anti-inflammatory, womens health and stimulant.

Summa: Betel Nut, Galangal, White Turmeric, Pandanus, Lemongrass, Cardamom Fruit.

SirSak ~ 40k

5 Element = Fire. Brain support, nervine, improve meditation, stomach, anti-parasitic, rheumatism.

Summa: Sour Sop leaf, Mangosteen, Mango Ginger, Pandanus, Betel Nut, Cardamom Fruit, Gotu Kola.

Brahmi Manduka ~ 40k

5 Element = Fire. Hepatoprotective, lowers cholesterol, anti-inflammatory, diuretic, cleans blood, brain tonic.

Summa: Gotu Kola, Temulawak/Javanese Ginger, Cardamom Fruit, Cinnamon, Lemongrass.

Blood Circulation + Triphala combination ~ 45k

5 Element = Fire. Aids digestion, blood circulation, cleanses the blood, regulates heart.

Summa: Zingiber/Red Ginger officinale, long pepper, Pandanus, Clove, turmeric.

TemuLawak + Amla combination ~ 45k

5 Element = Fire. Healthy heart, reduces blood fats, aids digestion & assists kidneys amongst many others.

Summa: Wild Circuma, Ginger, Pandanus, Amalaki.

Amalaki (*Embllica officinalis*): Has a cooling effect that manages pitta, supporting the natural functions of the liver & the immune system.

Bibhitaki (*Terminalia bellerica*): Is particularly good for kapha, supporting the respiratory system as well as kapha accumulations in all systems.

Haritaki (*Terminalia chebula*): Though having a heating nature, it is still good for all three doshas (vata, pitta, & kapha). Is known for its "scraping" effect, which removes toxins & helps maintain healthy levels of weight.

Stamina ~ 40k

5 Element = Fire. Aids metabolism, mental clarity and cleansing to the skin & respiratory systems.

Summa: Zingiber/Red Ginger officinale, Ginger, Pandanus, Clove, Cinnamon & Turmeric.

It is our intention to continue concocting the most effective list of Jamus & Tonic Elixirs to support you on your way to superior health as you phase congregate into the superhuman you are destined to become. These herbs by Nadis Herbals are incredibly intelligent formulations. Nadis Herbals do not necessarily agree with the nutritional information in this menu, nor did they supply any. Ibu Lilir & Pak Westi from Nadis herbals do Jamu works shops, herb walks and have a great little shop where you can buy these products from, please support them if you can. These are not cures or claimed to be. If you have a health issue, please consult your doctor.

Check them out & tell them The Seeds of Life sent you. www.baliherbwalk.com



Juicy Goodness

Shodana Chikitsa **35**

The cleansing potential of beets, corriander & ginger combined with sweet apple make this a refreshing 'Chikitsa' potion.

Ingredients: Apple, Beets, Lime, Giner, Cilantro & Broccoli

Kintamani Sunrise **35**

Plantain, a silent achiever in the plant kingdom is a powerful blood cleanser, great for the kidneys & bladder & helps with water retention (just in case your still wetting the bed).

Ingredients: Plantain leaves, Orange, Carrot, Pineapple & Turmeric

Beauty **35**

An elixir to bring about the beauty in all of us.

Ingredients: Cucumber, Apple, Mint, Lime, Aloe & Lavender

Sentience **35**

Ingredients: Watermelon, Mint, Basil

Loveliving **35**

A luscious loving elixir to support our livers into healthy function and aid digestion.

Ingredients: Kale, Fennel, Green Apple, Celery & Lime

Immunity In2Gear **35**

Parsley, Noni, & Chilli, a trio of motivation for your body combined with tomato & ginger for a gentle boost & asorbtion for your tummy & some sweet apple.

Ingredients: Parsley, SOL's Freshly Fermented Noni, Tomato, Apple, Lime, Pink Salt & Ginger

Make your own Favourite Juice **35**

Ingredients: Choose from 5. Tomatoes, Kale, Mint, Cilantro, Radishes, Parsley, Apple, Beets, Carrot, Watermelon, Fennel, Chilli, Ginger, Turmeric, Plantain Leaves, Celery, Broccoli, Pineapple, Pink Salt, Cayenne, Spring Onions.



Salubrious Smoothies

Shangri-La **35**

Bali's bubble gum flavoured fruit, blended with the low G.I maple syrup flavoured super-food Mesquite, coconut milk & a hint of cinnamon.

Ingredients: Jack-fruit, Mesquite, Cinnamon, Fresh Coconut Milk, Sea Salt, Irish Moss

Banana Dharma **35**

Maca, known for its hormone stabilising & adaptogenic qualities goes smashingly well with sweet bananas & almond butter. Take it to the next level with cayenne - upon request.

Ingredients: Banana, Maca, Almond Butter, Coconut Milk, Sea Salt, Irish Moss

Bhakti Bliss **35**

A simply seductive combo of fresh sweet pineapple & mint.

Ingredients: Pineapple, Mint, Tahini, Coconut Milk, Sea Salt, Irish Moss

Swamp Juice **35**

Ingredients: Spirulina, Bananas, Flax, Chocolate, Coconut Milk, Sea Salt, Irish Moss

Incan Gold **35**

The Golden Fruit of the Incas has arrived in Bali - Lucuma

Ingredients: Lucuma, Banana, Almond Butter, Dates, Coconut Milk, Sea Salt, Irish Moss

Green Smoothie **35**

The Raw Food Journey begins here for many of us, the green smoothie. It will always be a winner

Ingredients: Apple, Orange Juice & Ginger juice, Frozen Fruits & as many Greens as we can fit into the Blender!

Selalu Bahagia **35**

Ingredients: Similar to the Green Smoothie though we think it goes really well with Coconut Milk.

**Add any superfood to your smoothies for an extra rp10,000 each.
FRESH SPIRULINA, Maca, Mesquite, Cacao, Lucuma.**



Wild Ancient Artisan Teas

Prices all 50,000 & can be brewed up to 12-15 times. Only brew for 30 seconds.

If you like our teas & wish to take them home, they are for sale by gram.

Please ask our staff for prices & available tea ware. They make a great gift.



The Seeds Of Life

Live Oolong & Prosper

From the Taoist mountains of Wuyishan to the remote mountains of Yunnan in China, we bring to you wild & ancient tree teas from Master Tea Artisans. J T Hunter and Shana Zhang, founders & suppliers of our selected Artisan teas who have studied with Taoist masters, Buddhist monks, & the tribal people of Yunnan in their mysterious tea cultures. He has been studying Taoist healing martial arts, meditation & Qigong for many years. While studying with a renowned Chinese medicine doctor, he learned how to heal himself emotionally and physically with wild teas. He learned that when a tea tree can grow strong roots into the ground it produces strong Qi.

What is a tea artisan or true tea master? Usually these people have been trained since childhood how to grow, harvest & process tea. These skills have often time been passed down for generations in their family. It is an ancient skill that is fast disappearing unless we can support the small family farms of skilled tea artisans. Each tea artisan has their own specialty, their own unique culture and story. We work closely with various tea artisans that produce some of the finest teas available.

Take for example, over 200 years ago Yang Kai's family's ancestors planted very special, now ancient tea trees on Wu Liang Mountain in Yunnan. Wu Liang Mountain is famous in China for being one of the best ancient tea tree mountains anywhere in Yunnan thus producing some of the finest teas in China. Growing at elevations between 6,000-7,200+ feet high. Yang Kai's family trees bask in the strong high mountain sun of Yunnan year round. Yang's family secret of making artisan, handmade green tea has been passed down for generations. Since they focus on a single type of tea rather than many different kinds, they have been able to hone their skill and bring this green tea to a high level of quality most will never attain. It is a family farm small enough that the family can manage it themselves. They take pride in the fact that their farm is considered an "ecological" tea farm, only growing organic teas in a sustainable way that preserves the environment. Their tea trees that they cultivate are the same ones their family planted over 200 years ago creating a special & rare ancient tree green tea that is unlike any other I have ever had. These green teas became my most popular and my own personal favorite as their character is so complex that any other green tea I have had after pales in comparison. Try their Bi Lo Chun on the menu. - J.T.

You will find in this menu; each category of tea, brewing instructions, energetic & medicinal properties & some extra tips on how to get the most out of your experience. Enjoy a pot, or full Taoist "Gong Fu" Tea Ceremony with Gaiwan. Ask our trained staff for instructions.

It is with great pleasure we introduce you to Wild Tea Qi. It is their passion for excellence, quality & integrity that we have chosen to align ourselves with this company to deliver you the highest quality, ethical & sustainable Artisan Tea's. If this is new to you then you are in for a real treat, if you are an old hat then we are sure you will find satisfaction in their medal winning teas. (chocolate & tea are meant to be)

Each tea can be brewed many times over, changing flavour with every brew.



Wild Ancient Artisan Teas



The Seeds Of Life

Black/Red Teas

Black Needle Pagoda

5 Element = Fire

Description: This tea is hand roasted over a wok the traditional way before it is hand crafted into the 'Pagoda' shape. Notes of rich coconutty, chocolate and honey. One of my favorites.

Brewing - Black Tea Buds rolled into the Pagoda shape - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Artisan Yunnan Black Needle

5 Element = Fire

Description: Again, hand roasted and processed ensures the highest quality by Tea Matser Wang Feng and her family. This tastes like sunshine liquor and has strong energetics. Fire rising.

Brewing - Black Needle tea leaves hand rolled - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Artisan Golden Tips

5 Element = Fire

Description: The teas on this page come from elevations of over 6,600ft in the Yunnan province. They are all tended by hand through the process until packaging and shipping. Tea Master Wang Feng, is in a lineage of over 2,000 years. They were the first to bring this particular knowledge to the world after growing for the Emperor all those years ago. This one has even more sunshine in a cup.

Brewing - Rolled Green Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

[More Black/Red Teas over page](#)



Wild Ancient Artisan Teas



The Seeds Of Life

Black

Black Needle Pagoda Tea

Description: Rich, coconut, honey, chocolate like flavors.

Story: Black Pagodas are handpicked & processed from a beautiful mix of black & golden needle tea coming from Yunnan's famous large leaf tea trees. These tea trees grow at elevations over 6,600 feet high (2,200m) on Niu Ge Mountain in Jinggu.

Benefits: Black tea has known medicinal qualities to lose weight, sharpen concentration, lower cholesterol, relieve diarrhea, fight tooth decay & much more. The caffeine in black tea is lower than coffee. Black tea stimulates circulation to the brain without over stimulating the heart. The high tannins in black tea have a therapeutic effect on gastritis & other gastrointestinal diseases, relieving diarrhea. To reap the full benefits of this effect, brew it strong (but not bitter) & avoid sweeteners. Natural fluoride is found in black tea which helps fight tooth decay. Theophylline in black tea helps improve cholesterol levels. Black tea speeds the metabolism thereby aiding in weight loss.*

Brewing - Black Tea - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ¼ of a Gaiwan.

Artisan Golden Tips

Description: These hand picked & traditionally processed tea leaves release a naturally soft, sweet chocolate, coconut like flavor that lingers on your palate. The soft fuzzy golden leaves have a slight curl to them & inside is a jet black leaf creating a unique Golden Tip like no other. Coming from Yunnan, China these Golden Tips are hands down the best black tea in Yunnan. This is in limited quantity so supply will not last.

Story: Artisan Golden Tips are handpicked & processed from Yunnan's famous large leaf tea trees. These tea trees grow at elevations over 6,600 feet high (2,200m) then hand-roasted in a wok over wood fire the traditional way. Only pure buds from the tea tree are used.

Benefits: It has multiple health benefits ranging from anti-cancer, anti-aging, to lowering blood pressure & even can clear bad breath. Great for dispersing internal heat.*

Brewing - Black Tea - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ¼ of a Gaiwan.



Wild Ancient Artisan Teas



The Seeds Of Life

Green

Ancient Artisan Bi Lo Chun Premium

Description: Nice toasted pine nut taste with a light sweet finish. It has a heartier, more full body than Bi Luo Chun from other regions. One cup can be brewed up to 5-6 times.

Story: Over 200 years ago, Yang Kai's family's ancestors planted these very special, now ancient tea trees that produce a high quality green tea called Bi Luo Chun. Yang's family secret of making artisan, handmade green tea has been passed down for generations. Growing at elevations between 6,000-7,200+ feet on Wu Liang Mountain, this tea is then handpicked, sun dried then hand-rolled using the Yang's family secret tradition of hand processing making a Bi Luo Chun is unlike any other.

Benefits: It has multiple health benefits ranging from anti-cancer, anti-aging, to lowering blood pressure & even can clear bad breath. It is a cooling tea so it is especially great if you have been eating fried foods which are heating for the body. Also a good summertime tea to cool off from the heat.*

Brewing - Green Tea - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ¾ of a Gaiwan.

Artisan Green Pine Needle Tea

Description: Straight, thin needles with streaks of dark green & white that when brewed open up into a pale green leaf. The liquor is pale green. Starts with a soft, olive flavor that finishes with a slightly brisk & nutty flavor.

Story: Hand-picked at heights between 2,624-3,608 feet high on Daba Mountain in Sichuan Province, this certified organic tea is then expertly processed to create an exquisite, high quality green tea. This tea has a which, creates a soft, mildly sweet, refreshing green tea. This tea is award winning & certified organic by the COFCC.

Benefits: It has multiple health benefits ranging from anti-cancer, anti-aging, to lowering blood pressure & even can clear bad breath. It is a cooling tea so it is especially great if you have been eating fried foods which are heating for the body. Also a good summertime tea to cool off from the heat.*

Brewing - Green Tea - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ¾ of a Gaiwan.



Wild Ancient Artisan Teas



The Seeds Of Life

Oolong Teas

High Mountain Big Red Robe

5 Element = Fire

Description: Quite difficult to source and a classic example of the famous Da Hong Pao style presented here, harvested from Wuyi Volcanic Mountain. You will find minerally rich and clean mouthfeel with hints of flowers.

Brewing - Oolong Tea leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Wild Rock Oolong

5 Element = Fire

Description: Again, hand picked from the wild, roasted and processed ensures the highest quality by Tea Matser Wang Feng and her family. A little lighter than the Big Red Robe though a little more complexity involved. Try infusing for a little less time.

Brewing - Oolong Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

[More Oolong Teas over page](#)



Wild Ancient Artisan Teas



The Seeds Of Life

Oolong

High Mountain Big Red Robe Premium Tea

Description: Handpicked at over 4,500 feet high in the rich volcanic soils of the Wuyi Mountains, our Da Hong Pao has tender, fat, thick, long-shape smooth brownish green tea leaves, with dark red edges. The taste of Da Hong Pao is unmatched. You feel it mellow, smooth, round and somewhat complicated with various tastes blended. You'll be further overwhelmed by its fragrance! Rich, lingering fully around your nose and mouth, a special "rock aroma"!

Story: Da Hong Pao (Big Red Robe) is the most famous of all the Oolongs. According to a legend, a scholar fell ill on-route to Beijing to take the Imperial Examination. A monk cured him using the tea leaves plucked from the Six Tea Bushes. When he returned later, having passed his Examination with flying colors, he offered a Red Robe (Da Hong Pao) as a gesture of gratitude. I have found genuine Da Hong Pao to be the most difficult Wuyi tea to source. Our Da Hong Pao is handpicked at a staggering height of over 4,500 feet high. What gives this Da Hong Pao such flavor, such incredible energy, such vitality is that it grows out of the nutrient rich volcanic soil of the Wuyi Mountains. It is the surrounding environment that can make or break a tea and the environment of this tea is truly magical. Picture ancient, volcanic rock face mountains, flowing emerald green rivers, rich bamboo and pine forests and the mystical fog that engulfs the mountains every morning. It really packs a punch.

Benefits: Weight Loss*, Increase Metabolism*, Reduce Blood Pressure*, Anti-aging-battling cognitive impairment*, Reduce Hypertension*, Powerful Antioxidants*

Brewing - Oolong Tea - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

From the Taoist mountains of Wuyishan to the remote mountains of Yunnan in China, we bring to you wild & ancient tree teas from Master Tea Artisans. J T Hunter, founder & supplier of our selected Artisan teas has studied with Taoist masters, Buddhist monks, & the tribal people of Yunnan in their mysterious tea cultures. He has been studying Taoist healing martial arts, meditation & Qigong for many years. While studying with a renowned Chinese medicine doctor, he learned how to heal himself emotionally and physically with wild teas. He learned that when a tea tree can grow strong roots into the ground it produces strong Qi.



Wild Ancient Artisan Teas



The Seeds Of Life

Fermented and Raw Puer Teas

Ancient Phoenix Fermented Looseleaf Puer

5 Element = Earth

Description: This tea is an award winning fermented Puer tea. Hand Picked by the Yi Tribal People on a sustainable tea plantation on Wuliang Mountain. Fermented Puer tea is prized for very distinct, strong earthy flavors. Some of the most complex and satisfying flavors, this tea is as good as it gets.

Brewing - Puer Tea leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Bulang Ancient Raw Puer

5 Element = Wood

Description: The Bulang Tribal People are famous throughout China for having a deep spiritual connection to their ancient tea trees. They inhabit the Northern Thailand, Burma and China regions. A very green, ripe and refreshing tea, you'll be quite impressed at the complexity of the aromas. Avoid over brewing upon first infusions.

Brewing - Raw Puer Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot



Wild Ancient Artisan Teas



The Seeds Of Life

Puer

Wild Purple Bud Puer

Description: The buds are three different colors of purple, green and yellow. When you brew it, the leaves turn brighter beautiful colors as the buds balloon. The liquor is a pale, light purple color with a floral honey like aroma & taste. This is our favorite Puer. One cup can be brewed up to 20 times!

Story: Hand picked by the Tea farmer Chen Mei in the wild virgin forests of Lang Cang River in Puer. Chen Mei with her family revere these wild, ancient tea trees as a powerful spirit. They believe the Wild Purple Puer trees have a very powerful spirit that has protected them in times of war such as the anti-British war in the 1930's and other dark periods. Purple bud puer has been undergone successful testing in the reduction of radiation in studies done in China. This is a very rare tea & in very limited supply.

Benefits: Pu Er tea has a wide range of health benefits from anti aging, prevention of heart disease and cancer, diabetic control, removal of toxins, inflammation, improving the eyesight, aiding digestion & weight loss, blood circulation & a good tonic for those who are overly intoxicated with alcohol. Long term consumption of Pu-erh tea has been known to help reduce high blood pressure & cholesterol levels which can play an important role in preventing heart disease and cancer.*

Brewing - Puer Tea - Can be brewed many times

Quantity - ½ Tbsp – 2 Tbsp (4 gms).

Temperature - 95 degC/212F for 1 – 2 mins.

Time - Rinse 2x then 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan and Yixing: 1/3 of a Gaiwan or of Yixing Clay teapot

Mengku Rich Valley Raw Puer

Description: These raw leaves are long, slender, slight twisted leaves with purple and silver hues with a sweet wood and cranberry fragrance.

Story: The youngest trees are over 150 years old. Tribal people believe that the ancient tea trees that grow at high elevations hold special powers. This area of Yunnan gets an extremely high amount of sun all year long infusing this tea with loads of "Sun Qi" or Sun energy. This tea leaves you with very good, sunny, but light energy. This is a raw or "sheng" Pu-Erh.

Benefits: It has multiple health benefits ranging from anti-cancer, anti-aging, to lowering blood pressure & even can clear bad breath. Great for dispersing internal heat.*

Brewing - Puer Tea - Can be brewed many times

Quantity - 12oz Pot: 1 – 1 ½ Tbsp (3 gms).

Temperature - 95 degC/212F for 1 – 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: ¼ of a Gaiwan.



Wild Ancient Artisan Teas



The Seeds Of Life

Puer

Ancient Phoenix Fermented Loose Leaf Tea

Description: This fermented puer is one of the best tasting we have ever tried. It has a truly unique, rich espresso & mushroom unsweetened chocolaty flavor & smell. The liquor is a rich earth brown that looks like espresso & is thick. The leaves are short, twisted with light & dark brown swirls. One cup can be brewed up to 20 times!

Story: This Award Winning Puer won the Gold Medal at the 2011 Yunnan Government Puer Competition in both categories of Best Fermented and Raw Puers. It is hand-picked by the Yi tribe of Yunnan. The tea leaves are from ancient, certified organic tea trees on a sustainable tea plantation on Wuliang Mountain.

Benefits: Pu Er tea has a wide range of health benefits from anti aging, prevention of heart disease and cancer, diabetic control, removal of toxins, inflammation, improving the eyesight, aiding digestion & weight loss, blood circulation & a good tonic for those who are overly intoxicated with alcohol. Long term consumption of Pu-erh tea has been known to help reduce high blood pressure & cholesterol levels which can play an important role in preventing heart disease and cancer.*

Brewing - Puer - Can be brewed many times

Quantity - ½ Tbsp – 2 Tbsp (4 gms)

Temperature - 95 degC/212F for 1 – 2 mins.

Time - Rinse 2x then 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan and Yixing: 1/3 of a Gaiwan or of Yixing Clay teapot

Puer - For over 2000 years, this special tea originated from the Yunnan Province of China & has been coveted for its preventative & curative properties. Also known as Yunnan Tuocha. The tea's cultivation can be traced as far back as the Han Dynasty (202 BCE-220 CE) & was made from the leaves of da ye or broad leaf tea. The leaves of this variety of old wild tea trees when picked, are taken & put through a process of delicate maturation that ends in the creation of what is called Maocha.

This Maocha, meaning "rough tea", is then taken & put through one of two processes. Either it is immediately pressed into tea cakes where it is then classified as "raw/green pu-erh" or it is put through an artificial aging process for 30 to 40 days where daily the leaves are turned, splashed with water, covered with cloth then left to ferment. After this fermenting stage, the tea is then dried pressed into tea cakes & classified as "cooked/black pu-erh". Traditionally, the tea was always pressed raw & then vaulted for up to 100 years to gain this fermented status, but this modern process of fermentation was developed by the Kunming Tea Factory in 1975 for economic reasons.

Pu-erh Tea has been used in traditional Chinese medicine for generations to inhibit "internal dampness" (a term used in Chinese medicine to describe a build up of internal energy due to the spleen's inability to transform energy that it receives from the stomach) & to invigorate the activity of the spleen and stomach.



Wild Ancient Artisan Teas



The Seeds Of Life

White Teas

Moonlight White Buds

5 Element = Water

Description: One of a kind, this tea is full of silky, smooth, fuzzy, golden white buds from Yunnan. The feeling is light and soft with an overall sense of well-being. This tea is cooling.

Brewing - White Buds - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

White Peony

5 Element = Water

Description: White Peony is prized for its smooth, nutty flavor and slightly woody, toasted aroma. It has a clean succulent floral fruit and nutty mouthfeel that pairs well with most foods.

Brewing - White Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Ancient Moonlight White Premium

5 Element = Water

Description: This tea has a rich and lively feel in your mouth with a smooth sweet aroma. Pitted fruits, persimmons and wild flower honey are amongst the flavors one might experience.

Brewing - Premium grade white tea leaves and buds - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/212F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot



Wild Ancient Artisan Teas



The Seeds Of Life

White

White Peony Premium Tea from Fuding, Fujian, China.

Description: White Peony is prized for its smooth, sweet, nutty flavor, slightly woody & toasted aromas. This liquor is bright, golden & is clean on the palate with a succulent floral taste. You may find a well rounded mouthfeel that pairs well with most foods. This White Peony has a fairly even ratio of leaf to buds compared to others offering a more balanced mix of floral fruits and nutty taste.

Story: Handpicked & hand-processed, this is a certified organic White Peony at its finest. This has more leaf than the premium offering a more nutty taste. White Peony (Bai Mu Dan) is the most common style of traditional white tea and consists of two tea leaves & a silvery bud. It is a sweet, mild tea made from unopened tea buds, as well as the two newest leaves to sprout. The freshly harvested leaves are left to gently dry in the sun. The natural oxidation, which takes place during this withering gives White Peony beautiful, plush flavors. If you are beginning your exploration of white tea, or even just tea in general, our White Peony tea will serve a wonderful introduction..

Benefits: White teas are the highest in antioxidants. Studies show that antioxidants in white teas can help to reduce the risk of cancer, strengthen the immune system & help with metabolism. White tea is excellent for hydrating the body and skin, and has a natural anti-aging effect.*

Brewing - White Tea - Can be brewed many times

Quantity - 12oz Pot: 2Tbsp (3 gms)

Temperature - 95 degC/180-200F for 1 - 2 mins.

Time - 30 Seconds; Add 5 Sec to each subsequent infusion.

Gaiwan: 1/2 of a Gaiwan.

What is the difference between black tea, green tea, white tea, and oolong tea?

White - The least processed tea. The leaves are picked early in the year while the tiny white hairs are still visible on the leaves and the bud is still closed. Only the top leaf & a bud are picked from the plant. The leaves are then allowed to dry in the sun; they are not steamed or pan fired like green tea.

Green - After the tea leaves are plucked and sorted, they are either steamed or pan fired. Green tea does not go through the oxidation (fermentation) process. Green tea does have less caffeine than black tea.

Black - The most processing. Once the leaves are picked they are left out in the sun to become slightly wilted. The leaves are then rolled to break open their tissue. The inner chemicals react with the air and begin to ferment. During the fermentation, the leaves darken and change from green to red & finally to black.

Oolong - Like black tea goes through a wilting stage. The difference is oolong tea goes through a shorter stage & the leaves are fired directly after that to prevent continued oxidation (fermentation).

*Jing
Qi
Shen
Adaptability*





Wild Ancient Artisan Teas



The Seeds Of Life

Green Teas

Ancient Baked Heart

5 Element = Wood

Description: Grown at up to 7,200+ feet, and sourced from 200 year old + tea trees their ancestors planted. A very light, delicate roasty flavor that is quite complex to the developed palate. This tea is cooling.

Brewing - Green Leaf Tips - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Ancient Gan Tong

5 Element = Wood

Description: A lighter flavor tho just as complex as its sister “Ancient Baked Heart”, these delicate leaves will leave you refreshed and cooled. These teas are all grown in a sustainable way.

Brewing - Green Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Bi Luo Chun

5 Element = Wood

Description: We use this tea in our Kombucha for its simple yet delicate flavors. Avoid over brewing our green teas though as they will turn quite bitter.

Brewing - Rolled Green Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

[More Green Teas over page](#)



Wild Ancient Artisan Teas



The Seeds Of Life

Green Teas

Organic Eastern Beauty

5 Element = Wood

Description: Grown at up to 3,600+ feet in Sichuan Province and certified organic by the COFCC, which creates a soft, delicate, mildly sweet refreshing green tea. This tea is cooling.

Brewing - Green Leaf Tips - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot

Organic Green Jade

5 Element = Wood

Description: The 2 teas are former Emperor's tea gardens and express similar qualities, though I would say that the Green Jade is a lighter crowd pleasing version. This a premium green tea experience.

Brewing - Green Tea Leaves - Can be brewed many times

Quantity - 12oz Pot: 1 - 1 ½ Tbsp (3 gms)

Temperature - 95 degC/200F for 5-30 seconds

Time - 30 Seconds; Add 5 Sec to each subsequent infusion

Gaiwan: ½ of a Gaiwan or of Yixing Clay teapot