

## **NEW WAVE THERAPY SUPPORT DRINKS**

**Use with any Country Doctor Herbals Digestive Support  
tincture or capsule**

Add to warm water and aid gut bacteria.

To peppermint tea, turmeric tea, ginger tea or fennel tea could help in reducing inflammation and relieve symptoms of digestive distress.

To a green juice can help pass waste smoothly through the digestive system.

To Kombucha tea, a good source of probiotics, and help with nutrient absorption