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## A GUIDE TO YERBA MATE TEA



Yerba Mate Tea, a popular South American beverage, has been sipped and savored for ages due to its many beneficial properties and delectable flavor. In many South American traditions, Yerba Mate Tea also represents a sense of togetherness and community. In this guide, you'll learn everything you need to know about Yerba Mate Tea, from its history and health advantages to how to make it and how much of it to drink.

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## GENERAL AND HISTORICAL BACKGROUND:

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The leaves of the South American Yerba Mate plant are used to make the popular beverage known as Yerba Mate Tea. Its long and storied history may be traced back to the indigenous Guaran people of Paraguay and Brazil, who drank the drink for various reasons on the belief that it possessed therapeutic virtues. Yerba Mate Tea, originally from South America, is now enjoyed by millions of people all over the world. Since the beverage is commonly consumed in the company of loved ones, it has come to represent togetherness and camaraderie. People who want an alternative to coffee or other caffeinated drinks often choose Yerba Mate Tea for its energizing and refreshing effects.



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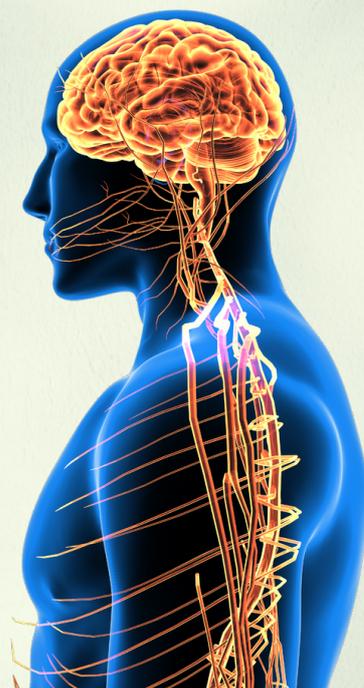


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## THERAPEUTIC EFFECTS OF YERBA MATE:

Caffeine, theobromine, and theophylline are just some of the bioactive components found in Yerba Mate, and they're all natural stimulants that can help with mental clarity and keeping you on your toes. Antioxidants including polyphenols and flavonoids are included in Yerba Mate and contribute to its ability to lower inflammation, protect cells from harm, and heighten the immune system. Also, Yerba Mate has been shown to benefit the digestive system by encouraging normal gastrointestinal function and decreasing the likelihood of gastrointestinal disorders like constipation and diarrhea.





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## HEALTH ADVANTAGES: OF YERBA MATE:

- Increasing vitality and focus
- Boosting digestion and decreasing stomach problems
- Inflammation and oxidative stress mitigation
- Improving resistance to disease and illness through strengthening the immune system
- Protecting against heart disease and promoting heart health.
- Promoting effective weight management and lowering obesity risk.
- Protection against developing cancers including those of the colon and lungs
- Benefits include improved insulin sensitivity and decreased chance of developing type 2 diabetes.
- Fostering bone health and lowering osteoporosis risk





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## INTERESTING INFORMATION:

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- Yerba Mate Tea is customarily shared amongst friends and sipped from a single straw inserted into a gourd.
- The Yerba Mate shrub is evergreen and can reach heights of 20 feet.
- Caffeine, theobromine, and theophylline are all natural stimulants found in Yerba Mate Tea, and they can help with focus and concentration.
- The strong antioxidant content of Yerba Mate Tea may make it useful for fighting inflammation and protecting cells from damage.
- Delicious and fulfilling, Yerba Mate Tea is best drunk with sweets like pastries or chocolate.
- Chipa, a sort of bread prepared in Paraguay from cassava flour and anise seeds, is often served alongside Yerba Mate Tea.



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## PREPARATION:

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A gourd or cup, a bombilla (a special straw with a filter at the end), and Yerba Mate tea leaves are all you need to make a cup of Yerba Mate Tea.

- Put enough Yerba Mate tea leaves in the gourd or cup to fill it halfway.
- To fluff up the tea leaves, tilt the gourd or cup and give it a gentle shake.
- With the filter end facing down, place the bombilla into the gourd or cup.
- Fill the gourd or cup about three-quarters of the way with hot (but not boiling) water.
- Tea is best when left to steep in hot water for a few minutes.
- Enjoy your tea by sipping from the bombilla.





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## HOW TO USE A PLUNGER TO MAKE YERBA MATE TEA:

A coffee plunger or French press work perfectly for brewing Yerba Mate Tea. To prepare Yerba Mate Tea using a plunger, follow these steps:

- Boil your water
- Reduce the temperature to between 75 and 80 degrees Celsius by allowing water to cool from boil for a minute or two.
- The Yerba Mate Tea leaves should be placed into the plunger.(about 2- 6 teaspoons)
- Fill the plunger with hot water until it's about a third full, then pour it over the Yerba Mate Tea leaves.
- Tea needs roughly 5 minutes to steep.
- Put the tea leaves in the strainer and slowly press down the plunger.
- Yerba Mate Tea, please fill your cup.





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### DOSAGE:

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Dosage instructions for Yerba Mate Tea are simple and easy to follow. Two to four cups per day, ideally in the morning and afternoon, is the suggested intake. Although Yerba Mate Tea also contains caffeine, it is less likely to cause jitters or stomach upset than coffee, making it a good alternative for those who drink the latter.

Importantly, excessive consumption of Yerba Mate Tea may result in insomnia, anxiety, and digestive distress. Because of this, it's wise to drink Yerba Mate Tea in moderation and pay attention to your body. If you've never tried Yerba Mate before, it's best to ease into it by drinking a lesser amount first and then increasing the dosage as your body becomes used to it.

The effects of Yerba Mate Tea will vary based on your metabolism and caffeine tolerance. This means that some people may experience stronger effects from Yerba Mate Tea than others.





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## A RICH HISTORY, DELICIOUS TASTE, AND HEALTHFUL BENEFITS

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Yerba Mate Tea has a long and storied history, not to mention being a delicious and healthful beverage. By following these guidelines for brewing and dosing, you can feel the special bond that Yerba Mate Tea fosters among its drinkers.

Why not shake up your routine today with the revitalizing flavor and stimulating effects of Yerba Mate Tea?



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