

As We Blossom



An exploration of femininity & tea

JULY

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Ginger Tea

Ginger has been long known for its natural ability to treat sickness, as well as add spice to many dishes and drinks. In fact, ginger tea can reduce bloating and relieve upset stomachs. It has the ability to quicken the movement of food through the gastrointestinal tract. At the same time, it can protect the lining of the gut from harmful chemicals in the food we eat. This isn't limited only to bloating from food, but also cramps from menstruation.

ginger tea.



The body is a place for peace
With an intake of air
and drink, you empty the stomach
With a sigh, you deflate
There are eyes watching you—
you suck in the
torment, lungs grasping
like roots—they're yellow, and they bite
as a sister does

Recoil

green tea.



Green tea, while not particularly high in protein or fiber, is packed with antioxidants and is linked to heart health. Its daily consumption in several parts of Asia including China, India, and Japan is promoted due to its connection with lower risk of death from cardiovascular diseases. In addition, some claim that it can prevent strokes and heart attacks.

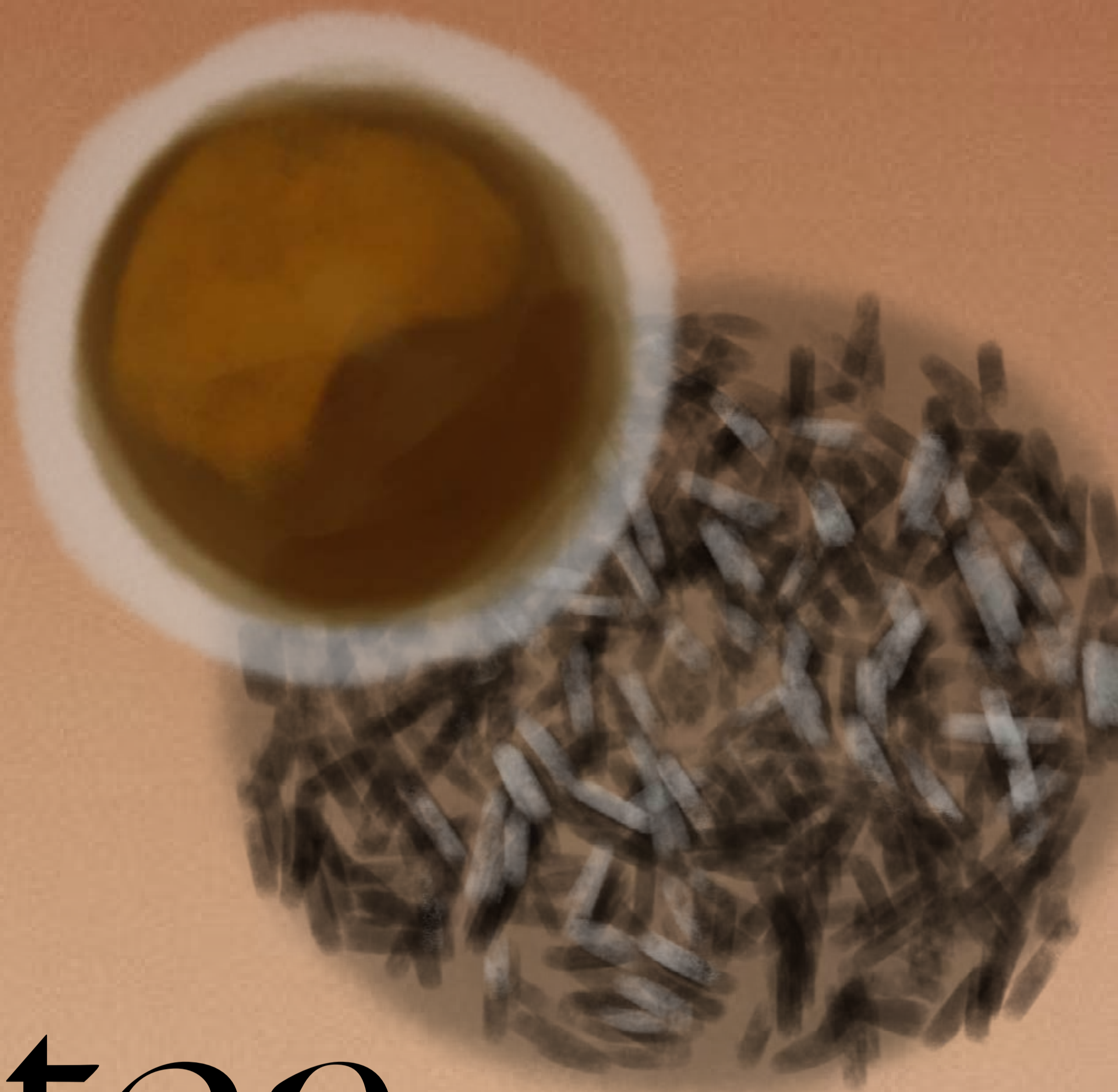
You told me a story about the afternoon you lost. You walked me around the tea table, showed me who sat where. There were three seats and one guest had shown up—to later leave.

“He took my other guest with him,” you said. It was then that I noticed the cavity in your chest.

We sat for tea together; I hoped to fill the hole. But you let the liquid slip through the support. I told you I understood what it felt like for the heart to be empty, for the tea to be left cold, but truthfully, sitting there, I thought I might have been overflowing.

Excess





black tea.

Black tea contains theaflavins and thearubigins, which can reduce both cholesterol and blood sugar levels.

The flavonoids found in black tea are especially beneficial for those that struggle with high blood pressure. These problems are often associated with extreme stress on the mind and the body, so many people turn to tea rather than coffee. Because black tea is high in antioxidants, drinking it is a better alternative than taking supplements—natural ingestion through food and drink is recommended.

If I could catch the moon and bring it
down with a rope, it might end
with my hands tied. I might drop it
and label each fragment with my worries.

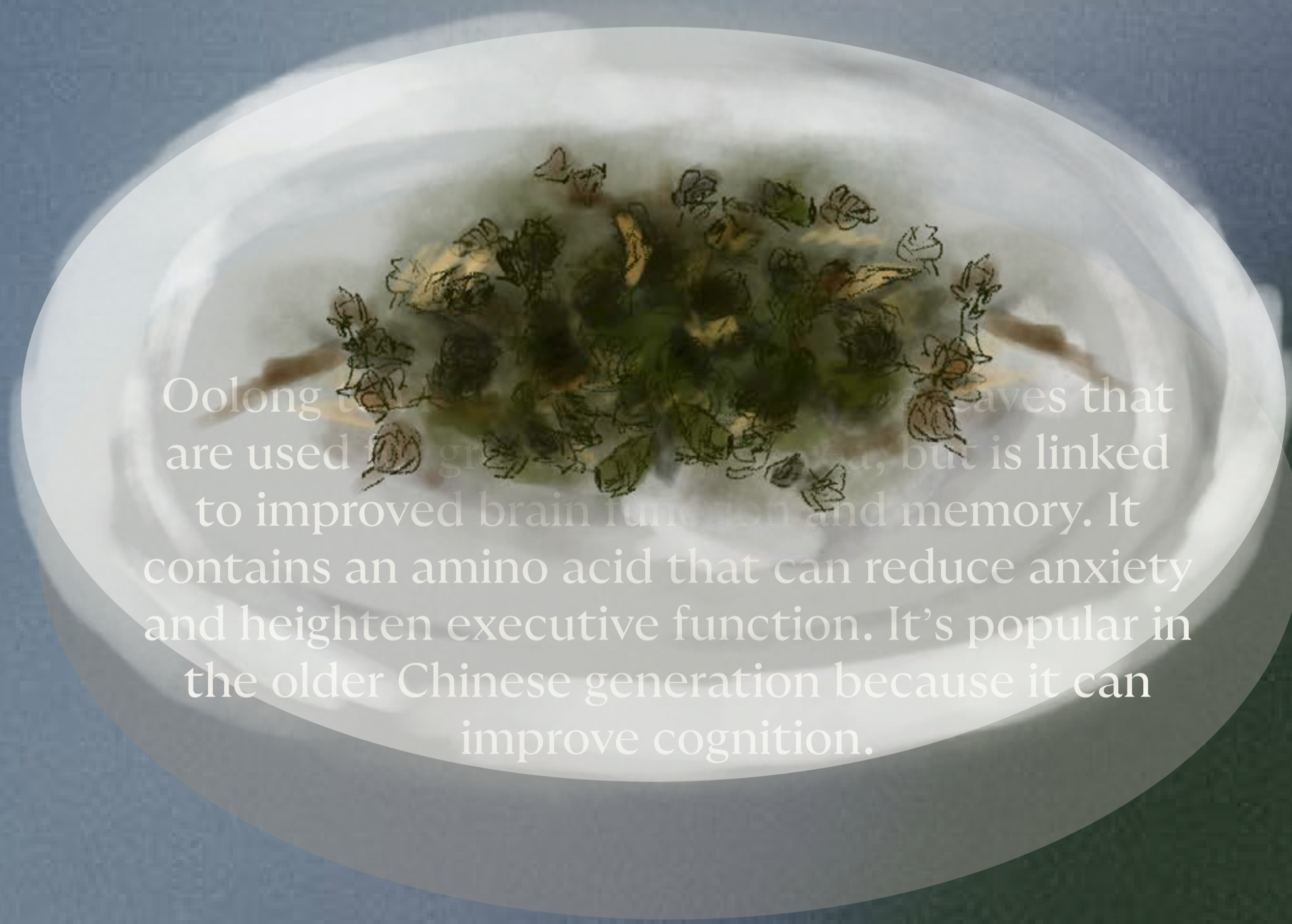
If you could store the pieces somewhere
safe, I could let you in on the secrets

of the moon, although they're hard
to hold onto and yet
we can't let go

Stress Factor

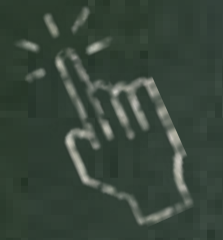


oolong tea.



Oolong tea is made from tea leaves that are used in green tea, but is linked to improved brain function and memory. It contains an amino acid that can reduce anxiety and heighten executive function. It's popular in the older Chinese generation because it can improve cognition.

oolong tea.



The birds are pecking in the crevices,
feathered and frantic. They're not quiet;
even the wind bends to their demands.
But it twists as it takes. The birds cry as
they forget. All along, the trees can feel it
as they extend outwards.

The wind has seen the damage, but it
returns again when the birds call.

Mindless



hibiscus tea.

Hibiscus tea is popular for treating colds and issues with the respiratory tract. It can improve circulation throughout the entire body as well—used in combination with deep breathing techniques, it can reduce inflammation and help with congestion. It's especially useful for upper respiratory tract pain and sore throats.



I find a sweetness in the air
and cradle it between my teeth.
It crumbles like a fond memory
and travels down into me

with the next breath. I open my chest
as the taste wails against my ribs

Even as I exhale, nothing is lost.

Expansion



chamomile tea.



Chamomile tea is made from the dried flower heads of the chamomile plant. It is a calming tea that in large doses can cause drowsiness. Like hibiscus tea, chamomile plays a role in treating inflammation throughout the body, with the additional benefit of boosting the immune system. Drinking chamomile tea can improve your body's ability to fight infections. It can increase the activity of neurotransmitters such as serotonin and dopamine, leading to an overall reduction in anxiety.

It was easy to dream again last night.
I stood at the edge of an unfinished bridge,
the people shrinking into themselves at the
opposite end. They spoke and their words
caught on passing leaves. In this dream,
I could not fly up to reach the gliding
truths; I remained content on the ground
with the river lunging for my feet.
We greeted each other, gentle and immune.

In the Distance, a Voice

