

## Himalayan Tartary Buckwheat

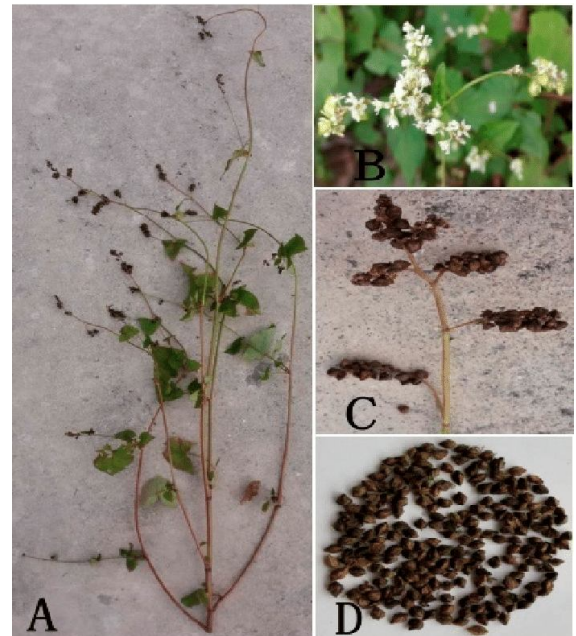
Botanical name: *Fagopyrum tataricum*

Energetics/Actions: sweet, slightly sour, cooling, anti inflammatory, antioxidant, antiviral, immunomodulator, adaptogen

### Description

Himalayan Tartary Buckwheat (HTB) is native to the Himalayan mountains in southwest China. The climate where it grows is harsh and the plant adapted by producing a number of natural substances (polyphenols) that enabled it to survive. When we consume HTB, these polyphenols provide powerful support to our own immune system and improve our overall health.

HTB is very nutritious and contains many minerals and proteins. HTB is also a resistant starch that feeds the beneficial microbes in our gut.



### Uses

Immune system: Potent anti inflammatory and antioxidant. Protects against cellular damage and supports healthy immune function

Heart: Improvement seen in blood pressure, total cholesterol and triglycerides in early studies

Blood sugar: Improvement in blood sugar balance seen in early studies

Liver: May protect liver cells from damage

### Dose

Tea: 2 teaspoons in a cup of hot water, steep 3-5 minutes (don't forget to eat the yummy groats!)

Flour: Use instead of wheat flour in recipes

\*HTB is not a grain and it's gluten-free.

### Safety Information

No known safety risks.