



Guide to

Yerba Mate

Benefits & How to Drink Mate





WHAT IS MATE?

Mate is a non-alcoholic beverage, well-known in South America. Its many health benefits are apparent when it is incorporated into your daily routine. The long-term benefits will make you want to consume it regularly.



How To Drink Mate

Yerba Mate is an herb used in the mate drink preparation, similar to tea. The dried leaves are placed in a gourd, and hot water is poured over them. The tea is then consumed through a metal straw. The gourd is a special cup for brewing and drinking mate, modeled after the calabash gourd, which was the first brewing vessel. The metal straw is called a bombilla.

How to Brew Mate

Heat up water in a tea kettle to below boiling point.
Important: DO NOT LET THE WATER BOIL Similar to green tea, boiling water will “burn” the yerba mate, and your drink will lose consistency, weakening the flavor and washing out the flavor.

1



Fill the gourd with yerba mate, to about 3/4 full. Keep the yerba mate at a 45-degree angle. Maintain the yerba mate in this angle will help the yerba mate get moisture slowly and the mate drink will last longer.

2



Insert the straw “bombilla” inside the gourd, then try to keep the yerba mate in the same angled position. You can add honey for a sweeter taste.

3



Add a little cold water to the mate. Let it soak in for a couple of minutes and then cover with hot water. When adding water to the gourd, always pour the water in at the same angle so that the taste will last longer.

Enjoy and share!



Where Does Yerba Mate Come From?



Yerba mate is made from brewing the leaves of the *Ilex paraguariensis* tree, which is a native South American tree.

Argentina is the top producer; in Argentina, drinking mate is not only good for your health but is also a tradition at gatherings of family and friends. Drinking mate can be the reason to get together with loved ones, and sharing mate with a stranger is a sign of welcome!

In addition to Argentina, the tree that produces the leaves that make yerba mate also grows in Brazil, Bolivia, Uruguay, and Paraguay.





Health Benefits of Yerba Mate



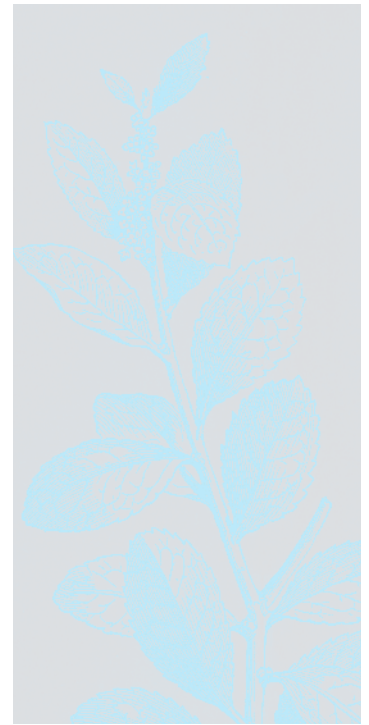
Yerba mate has become more and more popular in recent years, because of its health benefits. In addition to the traditional preparation with the gourd and bombilla, you can enjoy yerba mate in a variety of bottled energy drinks and teas, available at health food and organic markets, including Whole Foods and Fresh Market. As research into the myriad benefits of drinking yerba mate continues, I expect to see more of these products, sharing the benefits of yerba mate widely.

A man in a dark suit, white shirt, and red tie is wearing a brown aviator cap and goggles. He has two red and white rockets strapped to his back, which are firing upwards, propelling him into the air. He has a determined expression and his right arm is raised in a fist. The background is a bright, hazy sky with some light clouds and a few small orange sparks or particles.

Natural Energy Boost

Most of us need a quick boost in the morning and coffee is a good option; however, it makes many people jittery and causes them to crash. The effect of coffee is short-lived, and many people need to drink more to make it through the day, especially in the afternoon. Coffee also inspires many bathroom trips, because it stimulates peristalsis (muscle contractions in the intestines and bowel). Excessive peristalsis can lead to inflammation and irritation of the gastrointestinal tract.

Yerba mate, on the other hand, is the perfect natural morning boost of energy that helps keep you focused and your body relaxed. It lasts for hours, and if you want more, you can have it, knowing that it won't affect your nerves or make you jittery. There's no crash associated with yerba mate, so it's a great stimulant that won't hurt you and will benefit your body!



Weight Loss/ Weight Control

There are many weight control drinks, but many contain ingredients that may not be so great for your body. Some of them are just diuretic drinks -- they make you flush water out of your body, and in that process, your body loses minerals and vitamins that are key to good health.

Yerba mate causes thermogenesis, or increased calorie burn and appetite suppression, both of which improve the chances of weight loss and weight control. Drinking Yerba Mate can reduce your appetite so that you can substitute a meal with fruit and feel lighter. It naturally contains minerals and vitamins; so when drinking it, you don't lose them - you get more of them.

A young man and woman are laughing and embracing each other outdoors. The woman is wearing a blue and white checkered shirt, and the man is wearing a white shirt. They are both smiling broadly, and the background is a bright, sunny outdoor setting with green foliage.

Longevity

We all see ads for miracle creams that claim to erase the signs of time. Many of them are great, but consider helping your body age well from within!

Yerba mate is known as “the Drink of the Gods.” It’s been consumed by the native South Americans for centuries for its rejuvenating effects, including clarity and vitality. Yerba mate leaves contain 15 amino acids, 24 minerals, vitamins and antioxidants that protect your body from harmful molecules called free radicals.

Drinking yerba mate improves your chances to stay vital and forever young.





Detoxing and Colon Cleansing

Many “skinny teas” and body cleansing products claim to help with weight loss due to an increase in bowel function. They are meant to be used for a couple of weeks, which may cause unusual bowel functions and changes in electrolyte balance. Unlike those skinny programs that last a few weeks and may alter your system negatively, yerba mate tea infusion can be incorporated into your daily tea intake for the rest of your life with no risks. You will see changes progress over a more extended period of time and as your body gets used to it slowly and naturally. It’s a drink that you can incorporate into your daily morning routine, and the benefits last forever.

Yerba mate helps with digestion by increasing the production of bile and gastric acids. Yerba mate helps with keeping your colon clean to effectively and efficiently eliminate waste. It also helps reduce the stomach bacteria that can contribute to bad breath.

When drinking Yerba mate. It can become your new ritual and you will feel the benefits in the long run.



Boosts the Immune System

Yerba mate contains vitamin C and several saponins and other antioxidants that can help reduce oxidative stress in the body. Saponins are bitter compounds that have been shown to have cholesterol-lowering properties and act as anti-inflammatories.

Additionally, the antioxidant power of yerba mate seems to be higher than that of green tea! Yerba mate is high in polyphenols and caffeoyl derivatives, both of which are antioxidants. Two of the minerals in yerba mate are zinc and selenium, both of which boost the immune system and allow the body to fight off the common cold.

Some studies show that yerba mate may also protect against some infections, including E. Coli bacteria, the fungus that causes dandruff and some rashes and even intestinal parasites. This research is in the early stages but shows promise.





About Us



We are an Argentinian couple who now continue this tradition of drinking mate in the United States. We've been drinking mate since we were kids and able to hold the mate cup! We tried many brands through the decades, and now we want to bring our favorite blends to you. We believe friendship is as valuable as health, and we are here to share our favorite drink with you.

My Story

Like many people, I need a quick boost in the morning, and I used to get that by drinking coffee, first thing, every day. After a while, I realized that coffee was affecting my digestive system, and even though it got me going in the morning, I was brain dead and tired in the afternoon.

When I started researching, I learned that coffee stimulates our brains, and ALSO our digestive systems! Peristalsis is the process of smooth muscle contractions that make our intestines and bowels work properly to eliminate waste. Coffee shifts that process into high gear, which is why many people run for the bathroom shortly after their morning cup. Some people like coffee for those laxative properties, but the problem is that it also appears to speed up gastric emptying, which means that food passes into the small intestine before your body can properly digest it and absorb its nutrients. This also increases the chance of inflammation and irritation in your entire digestive tract!

I realized that coffee was affecting me in precisely this way. Despite my love of coffee and its delicious aroma, coffee had become that lover who hurts you to the point where you must let go. So I broke up with coffee: "I love you, but I have to kiss you goodbye!"

In my quest to find a replacement for that coffee, I came across a drink that I had abandoned before I realized its benefits. It was there in front of me the whole time! (That was a big "Duh!" moment.)

I returned to my roots, to my culture and now I want to share it with you. It's from South America, and it's "the drink of the gods."



Since I have reconnected with mate and drink it every morning, my digestive issues have improved! I have stopped drinking addictive coffee, but I still get my morning boost of energy. Yerba mate tea helps me stay focused throughout the day, and my level of alertness is much higher. I don't get the jittery sensation that coffee used to give me. I'm much calmer now and my body is more relaxed. So I'm alert and relaxed at the same time, which is a beautiful way to go through the day.

Yerba mate causes thermogenesis, or increased calorie burn and increased diuresis and appetite suppression, all of which improve the chances of weight loss. In my case, I noticed yerba mate helps me keep my weight under control. At times, I don't feel hungry at all so I can substitute fruit or a light snack for a full meal and I feel lighter.

Yerba mate also helps me stay young. People can't believe I'm in my forties! I attribute that to yerba mate tea. It's worked for tribes in South America for centuries, and it's a lot cheaper and better for you than botox! The nutrient-rich leaves provide both clarity and vitality, so I feel and look younger.

Drinking yerba mate tea gives me alertness, focus, keeps me relaxed, it stimulates my metabolism, helps burn more calories in my workouts and it gives me the vitality I need to stay forever young.



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