

TEA - THE LONGEVITY BEVERAGE

HEALTH FACTS ABOUT GREEN, BLACK & OOLONG TEAS

DESCRIPTION

In China, records indicate that tea has been drunk since at least 3000 BCE by Buddhist monks during times of long meditation for its harmony of two elements, alertness and relaxation. Tea journeyed to Japan through Japanese monks studying in China. The Dutch played a significant role in tea's introduction to Europe and throughout the Orient via their trade ports in Java. From the Dutch tea went to Russia and Great Britain, who brought tea to America where tea bags and iced tea evolved. Three familiar categories of the *Camellia sinensis* plant, determined by species, region of growth, and specific production methods are black (fully oxidized 100%), green (un-oxidized 0%), and oolong (partially oxidized 10-90%). Each process method changes some chemistry of the tea.

PROPERTIES

Tea is known to banish fatigue, stimulate mental powers, and raise energy levels. Tea is rich in polyphenols, tannin, and flavanols, often termed catechins, fluorine, and vitamin C, P, K, and B. Although tea contains caffeine, the amounts are far less than those in coffee and produce a softer, beneficial effect.

HEALTH BENEFITS

- Moderate tea caffeine intake stimulates the central nervous system and promotes blood circulation.
- Tea acts as a diuretic (stimulates the flow of urine), promoting better kidney function and aids digestion.
- Researchers at the University of California, Berkeley found that green tea was the best antioxidant scavenger of deadly free radicals.
- Free radicals are very powerful oxidants which cause intense cell damage. When exposed to oxygen cell tissues are vulnerable to free radical attachment, causing an effect much like that of rust. Over time this may lead to cancer or cardiovascular disease.
- Antioxidants in tea are able to neutralize the damaging effects of oxygen and free radicals that are present in the body. Antioxidants slow or prevent cell damage from exposure to oxygen by creating a barrier around cell tissue.
- *Camellia sinensis* is also known to be antiviral and antibacterial. It can be topically applied to cuts, bruises and burns, famous for its sunburn relief.
- Tea acts as a nerve sedative, frequently relieving headaches.
- Reducing the "bad" cholesterol LDL deposits, tea elevates HDL, the "good" cholesterol. The University of California found green tea, oolong especially, to prevent arteriosclerosis.
- Green tea has long been associated with universal research on the prevention of several types of cancer. Studies have found it reduces the size of esophageal and stomach tumors in mice. Green and black tea inhibit the development of pre-cancerous lesions, as well.
- According to studies done throughout American Dental Institutions, the tannin and fluoride content present in tea prevents tooth decay.

APPROXIMATE CAFFEINE CONTENT PER 8 OZ. CUP

BLACK TEA	75 mg
GREEN TEA	50 mg
OOLONG TEA	60 mg
COFFEE	175 mg

PREPARATION

Bring water to a full boil. For black teas, steep 3-5 minutes, as over brewing brings out bitterness from tannin, a natural part of tea. For green and Oolong teas, bring water just below a boil. Steep 2-4 minutes, to desired strength. Due to the delicacy of green and Oolong tea, careful attention is needed to capture the full taste. Serve hot or cold.

The health benefits described above have not yet been approved by the US FDA.

HEALTH BENEFITS OF GREEN TEA

Numi offers premium quality, organic, loose-leaf green tea in the teabag. When steeped in hot water the tea leaves expand and release a delicious smooth flavor and an abundance of healthful properties.

Green tea is rich in powerful antioxidants, and is known to fight viruses and slow aging. Green tea aids in weight loss, reduces "bad" cholesterol, boosts the immune system, and is also associated with the prevention of cancer.

BERGAMOT - ALIAS EARL GREY HEALTH BENEFITS OF THE EARL'S TEA BLEND

DESCRIPTION

Bergamots true parentage is unknown and so is grouped in its own species, Citrus bergamia. Surrounded by large leaves, gorgeous white, daffodil-like flowers cover the bergamot tree in spring and summer. The pear-shaped fruit follows in autumn. The juice of bergamot fruit is bitter and is rife with seeds. The rind is aromatic and used as flavoring or cold pressed for essential oils. Bergamot oil is most commonly used in Earl Grey tea blends. An innovative method of aging the bergamot rind with black tea retains the delicious flavor and aroma yet eliminates the use of oils, which can cause headaches. This unique fruit tree is cultivated chiefly in Italy and the south of France.

PROPERTIES

Documented as a useful and healing fruit in 12th century Europe, bergamot is not only a traditional Italian folk medicine for fever and intestinal worms, but also valued for its antidepressant and balancing qualities. The active components are linalool (11-22%), linalyl acetate(30-60%), nerol, and geraniol, (alcohols and esters), which are antiseptic and germicidal as well as relaxing. Other constituents include sesquiterpenes, terpenes, alkanes, and furocoumarins. Bergamot's main properties are as a disinfectant and an antidepressant.

HEALTH BENEFITS

- When blended with black tea, bergamot complements black teas' anti-microbial effects. Black tea contains catechin and fluoride which prevent tooth decay, while bergamots antiseptic actions can alleviate halitosis (bad breath) and mouth infections. Together they promote a healthy mouth.
- The esters and alcohols of bergamot reduce depression and anxiety by calming and soothing the nervous system. In conjunction with beneficial amounts of caffeine (which enhances the mind's ability to think clearly and eases fatigue) present in black tea, a cup of Earl Grey is uplifting.
- Terpenes are basically the primary factors in the aroma of scented plants. They exhibit vitamins A, D, and E as well as hormones like cortisone, estrogen, and testosterone. The terpenes in bergamot inhibit toxin accumulation and work to expel toxins in organs such as the liver and kidneys. Sesquiterpenes, a form of terpenes, are antiseptic and anti-inflammatory.
- Bergamot is effective to relieve symptoms of flu, fevers, and colds, as it is anti-infectious, antibacterial, an expectorant, and a febrifuge (reduces or combats fever).
- Bergamot can relieve nervous tension and stress. Studies have shown that bergamot balances the activity of the hypothalamus which is stimulated by stress and communicates a stress reaction with other glands in the body, resulting in nervous tension, mental strain, and, in some cases, addictive and compulsive behavior. Bergamot "has been reported to help people who are trying to break the smoking habit" (Dr. Reid Wilson).
- Bergamot oil is often used topically to relieve acne, psoriasis, varicose veins, and wounds. It is a strong cicatrisant -- it promotes healing by increasing the regeneration of skin cells and the formation of scar tissue.

PREPARATION

For bergamot and black tea blends (Earl Greys): Bring water to a full boil. Pour over blend. Steep 3-5 minutes, to desired strength. Over brewing brings out bitterness from tannin, a natural part of tea. Serve hot or cold.

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BERRY BLACK TEA - TART TEA FOR TEETH HEALTH TEA BLEND

BLACK TEA

Black tea comes from the tea plant, or *Camellia sinensis*. Fully oxidized, the leaves are rich in polyphenols, tannin, and fluoride. Black tea does contain caffeine, yet is less than half that of a same size cup of coffee.

- Black tea is known for its antiviral and antibacterial properties. It can be topically applied to cuts, bruises and burns, and is famous for its sunburn relief.
- According to studies done among American dental institutions, tannin and fluoride content present in tea helps to prevent tooth decay.

STRAWBERRY

Fragaria vesca grows as a ground tangled vine in shadowed areas, most often in forest undergrowth. The strawberries contain malic and citric acids, sugar, mucilage, pectin, woody fiber and water. It is easily digestible and has been identified and used as a laxative, diuretic, and astringent. A study done in 1997 by Med. Tribune demonstrates the high antioxidant activity of strawberry beverages.

- Studies show strawberries to be a potent antioxidant.
- The strawberry is a dentifrice. The fruit has been known to remove discoloration of the teeth.
- For sunburn relief, strawberry juice or infusion on the skin is valuable.
- Strawberries are high in vitamin C; 1 cup of strawberries has over 88 mg of ascorbic acid (vitamin C).

RASPBERRY AND RASPBERRY LEAVES

Usually found at the sunlit edges of forests and woods, *Rubus idaeus* has a long tradition of use as a tonic, parturient, and astringent. Containing flavonoids, tannins, sugar, pectin, and citric and malic acid, it alleviates heat and thirst, and will not ferment in the stomach. Raspberry also boasts vitamin C, vitamin A, and iron. The fruit is fragrant, an antacid, and cooling. Both the fruit and leaf are used in teas and medicinal concoctions.

- As an astringent, raspberry has been used for easing mouth ulcers, bleeding gums, and inflammations.
- Traditionally, raspberries were used to alleviate sore throat.
- Raspberry infusion is known to relieve stomach complaints of children as well as vomiting.
- The leaves are a tonic, strengthening and enlivening for a feeling of well being.
- Externally, raspberry can be used as a healing wash on burns, rashes, sores, and wounds.

ROSEHIPS

The fruit of the romantic rose, *Rosa canina*, rosehips are orange to scarlet in color and ripen after the petals fall in late autumn. Rosehips are rich in vitamins A, B1, B2, C, E, K, and P, and contain calcium, iron, citric acid, niacin, and phosphorus among others. A great nutrient, rosehips are known to give nourishment and can tone and strengthen organs as a tonic. They are also useful as a blood purifier.

- Known to act as a diuretic without irritating the kidneys, rosehips seem to eliminate uric acid accumulations and reduce fluid retention.
- As an aperient and tonic, rosehips are known to be beneficial for the digestive system.
- Rosehips' pectoral action can be helpful in easing respiratory conditions such as colds, coughs, flu, and chest infections.
- This fruit is known to allay thirst, build strength while convalescing, and work as a mild stimulant with its nutrient quality to help lessen weakness and exhaustion.

PREPARATION

Bring water to a boil. Immediately pour over berry and black tea blend. Steep 3-5 minutes to desired strength.

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CHAI - TRADITIONAL TREASURE HEALTH BLEND - AIDS IN DIGESTION

It is said that a king of India and Siam created the tea blend called chai and that it was regarded as a royal treasure for centuries. A black tea is used as the base, usually an Assam because it produces a sturdy liquor and its astringency takes well to milk and sugar. Spices are added for taste as well as their beneficial health properties. Popular spices used are cinnamon, ginger, cardamom, and anise.

BLACK TEA

Black Tea (*Camellia sinensis*) differs from green tea due to its process method. Where green tea is steamed immediately and non-oxidized (0%), black tea is fully oxidized (100%).

- Tea is rich in polyphenols, catechin, and fluorine. Although black tea contains caffeine (75 mg per 8 oz.), the amount is far less than that in coffee (175 mg per 8 oz.) and produces a gentler, beneficial effect.
- Catechins present in tea exhibit antiviral and antibacterial properties.
- Tea acts as a diuretic, promoting better kidney function and aids digestion.

CINNAMON

Cinnamon (*Cinnamomum verum*), one of the oldest known spices, was first used medicinally from about 500 B.C.E. Native to Sri Lanka, the Cinnamon tree is a tropical evergreen laurel with flat, wide leaves. Small, white, tulip-like flowers are bunched at the ends of multi-branching stems.

- The essential oil (4%), phenols, esters, and mono- and sesquiterpenes contained in Cinnamon all effect its antiseptic properties.
- Cinnamon calms stomach irritation and aids digestion.
- Traditionally, cinnamon was used for colds and flu.

GINGER

Ginger (*Zingiber officinale*) is grown mainly in China and India where it has been cultivated for thousands of years. Ginger is a bushy creeping perennial that spreads underground with long wide leaves. Its golden sunset flowers burst from cupped leaves at the end of a lengthy stem.

- Only ginger's root, or rhizome, is employed for culinary preparation and has medicinal actions. This rhizome contains 1-4% volatile oils, the active constituents.
- The pungent principles that give ginger its antinausea and antivomiting actions are gingerols and shogaols.
- Long known as a digestive tract tonic, ginger stimulates digestion as it eases the transport of substances through the digestive tract, lessening irritation to intestinal wall.

CARDAMOM

Cardamom (*Elettaria cardamomum*) is cultivated, and grows wild, in southern India. Also a very ancient spice used by the Greeks, Romans, and Egyptians. A member of the Zingiberaceae family, the plant is similar to ginger except for its flowers--gray tongued blossoms which alternate along the stem and produce a three-sided oblong pod, or fruit.

- The main constituents of cardamom, terpene alcohols and hydrocarbons, are antibacterial, stimulate the immune system and work as diuretics.

- Cardamom has been used as a digestive aid and for flatulence since ancient times.

ANISE

Anise (*Pimpinella anisum*) is native to Egypt, Greece, and Turkey. Well known in Asia Minor, it was referenced by Pliny, an earliest Greek naturalist. Anise is an annual, its dainty white flowers fan high above bright green feather-like leaves.

- Anise contains monoterpenes, and an unusual compound of phenol ester (5%) which are responsible for its antiviral and antioxidant properties.
- The volatile oil (3%) of anise is comprised 90% of anethol, an element that has estrogen effects, considered in folk medicine to increase libido.
- Anise is a carminative - it stimulates the digestive system and relaxes the stomach, preventing flatulence.

PREPARATION

Bring water to a boil. Immediately pour over chai blend. Steep 3-5 minutes to desired strength. Over brewing can bring out bitterness from tannin, a natural part of tea. Add warm milk and honey for a traditional chai.

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WATER SPRITE - GINGER OOLONG - A TEA OF SPICY EASE HEALTH BLEND

DESCRIPTION

Ginger (*Zingiber officinale*) is grown mainly in China and India where it has been cultivated for thousands of years. Ginger is a bushy creeping perennial that spreads underground with long wide leaves. Its golden sunset flowers burst from cupped leaves at the end of a lengthy stem which extends from the base.

A prepared *Camellia sinensis*, Oolong differs from green and black teas by its harvest and preparation method. Green teas are un-oxidized 0%, while black teas are fully oxidized, or fermented, 100%. For an Oolong, the *Camellia sinensis* leaf is picked when mature, then withered slightly. Rolled, then bruised, sticky leaves are exposed to partially oxidize. The leaves are fired to end the oxidization process resulting in a tea that is in the middle of green and black (varies 10%-90%). The best Oolongs are grown atop misty mountains. Most Oolongs are produced in China and Taiwan.

PROPERTIES

Only Ginger's root, or rhizome, is employed for culinary preparation and has medicinal actions. This rhizome contains 1-4% volatile oils, the active constituents. The pungent principles that give ginger its antinausea and antiemetic actions are gingerols and shogaols. Ginger also nutritionally supports the digestive process by supplying protein, carbohydrates, calcium, phosphorus, iron, sodium, potassium, vitamin A, B vitamins (thiamine, riboflavin and niacin), and ascorbic acid.

Oolong is rich in polyphenols and flavanols, catechins, fluorine, and vitamin P, K, and B. Although Oolong contains caffeine (60mg/8oz), the amounts are far less than those in coffee (175mg/8oz) and produce a softer, beneficial effect.

HEALTH BENEFITS

GINGER

- Ginger is most well known for its antinausea/antiemetic actions. Studies have shown ginger to prevent and alleviate chemotherapy-induced nausea, morning and motion sickness.

- Chinese medicine has recommended ginger for over 2,500 years for abdominal bloating, coughing, diarrhea, and rheumatism.

OOLONG

- Tests indicate regular drinking of Oolong reduces cholesterol and neutral fats, thus aids weight loss.
- The fluoride in Oolong can strengthen bones and help ward off osteoporosis.

CARDIOVASCULAR SYSTEM

Atherosclerosis is the hardening of arteries due to fat streaks along the vessel walls and formation of cholesterol and calcium deposits. When arteries supplying the heart are impaired it is called coronary artery disease. This restricted flow of blood to the heart often triggers heart attacks.

- Japanese tests demonstrated Oolong as an aid in cases of hypertension and coronary heart disease.
- According to a report from the University of California, Oolong drinkers exhibited diminutive cases of atherosclerosis.
- Ginger supports a healthy cardiovascular system as it tends to boost the pumping action of the heart. It makes blood platelets less sticky and less likely to aggregate. This action reduces a major risk factor for atherosclerosis.

DIGESTIVE SYSTEM

- Long known as a digestive tract tonic, ginger stimulates digestion as it eases the transport of substances through the digestive tract, lessening irritation to intestinal wall.
- Oolong acts as a diuretic, promoting better kidney function and aids digestion.

PREPARATION

Bring water to a boil. Immediately pour over ginger oolong tea and, like full leaf tea, steep 2-4 minutes, to desired strength. Due to the delicacy of Oolong tea, careful attention is needed to capture the full taste.

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YERBA MATE LEMON MYRTLE GREEN TEA - EVERGREEN TONIC ENLIVENING HEALTH BLEND

YERBA MATE

Yerba Mate is an evergreen tree growing wild near streams of South American rainforests. Its broadly toothed, leathery large leaves alternate on graceful branches with white flowers that produce small yellow, red, or black berries. It has a long history being the traditional drink of health and hospitality of the South American peoples.

Ilex paraguariensis, yerba mate, contains xanthenes, which stimulate the central nervous system to promote energy and vitality, as well as mental acuity. Saponins exhibit immune boosting properties along with linalool and carotene, all present in yerba mate. Eugenol is a phenolic compound and is known to have pain-killing and anti-inflammatory properties. Mate also contains quercetin, which has been found to work as natural anti-histamines. Yerba mate is rich in minerals, vitamins, and boasts 15 amino acids.

Found in herbal medicine throughout South America, yerba mate has also been used around the world.

- Yerba mate has been traditionally drunk for its reputed euphoria inducing and energizing qualities for hundreds of years. It is also known to provoke a mental clarity.
- In South America, yerba mate is largely known as a tonic, a stimulant to reduce fatigue, and a gastric aid.

- Throughout Europe yerba mate is used for relieving mental fatigue, nervous depression, as well as for the treatment of psychogenic and fatigue-related headaches.
- Yerba mate has become popular in France and Germany as an aid in weight-loss.
- US doctor James Balch, M.D. states the yerba mate "cleanses the blood, tones the nervous system... stimulates the production of cortisone..." Cortisone is a hormone made by the body that combats allergies and inflammation, providing arthritis pain ease.
- The presence of quercetin in yerba mate supports claims of relief of allergies, asthma, and hay fever.
- Yerba mate is known to stimulate the immune system.

LEMON MYRTLE

A native Australian evergreen rainforest tree, lemon myrtle, emits a crisp lemon scent from its large flat leaves. In summer and autumn the tree teems with nectar-rich yellow flowers. For hundreds of years Aborigines have used lemon myrtle leaves as tea, or eaten from the plant, as arthritis treatment.

Chun Mee Green Tea translates to "silver eyebrows" and describes the shape of the carefully hand-rolled leaves. Chun Mee is known for its smooth, plum-like sweetness. (Refer to "Tea-The Longevity Beverage" for health benefits on green tea.)

- The citral present in lemon myrtle is believed to cleanse joints naturally of harmful toxins that cause inflammation, thus is used in treating arthritis as well as its anti-inflammatory action.
- Lemon myrtle's constituents citral and citronella in general have a sedative effect on the nervous system. This effect can help relieve symptoms of stress and mild anxiety.
- Lemon myrtle exhibits antiviral, antifungal, and antiseptic properties.

PREPARATION

Bring fresh water to a boil. Pour over a mate lemon myrtle and green tea blend. Steep 4-6 minutes, to desired strength. This is a great morning & daytime drink. Delicious hot or cold. Enjoy!