

All About Teas
Green Tea to Black Tea
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Nature's Healing Herbs

Introduction to Tea

All teas are beneficial, but the difference is how much processing has been done; which makes the level of vitamin, mineral and antioxidant ratios differ. The benefits can include everything from helping lower cholesterol and blood pressure to helping with metabolism, including weight loss and body composition. All teas come from the same plant *Camellia Sinensis*, some plants have been altered by hybridization and even genetically modified to retain certain desired characteristics.

Herbal teas are different, made from plants whose benefits are specific for certain symptoms, to help with your well-being, feeling better whether its to uplift or energize or calm.

What makes teas different in color and taste?

Different processing methods from fermenting to lightly steaming causing high to minimum oxidization and color changes from green to black! Hand picked is the best!

The addition of other fruits, flowers, oils and herbs to give the scents and tastes of the tea, such as Earl Grey, has bergamot oil for taste.

Bulk teas versus bagged teas since bagged teas have to have the leaves crushed to fit the bag which decreases some of the benefits, while whole or intact leaf tea keeps most of its benefits.

Herbal teas are tasty (generally), fresh, beneficial and non-caffeine and dried parts of herb plants in bags or in bulk. They can come as one herb by itself or a mix of herbs for better results and taste.

Grades of Tea

1st Quality tea- more whole leaf, chunks or large pieces, generally in bulk, highest in antioxidant levels, most often green teas, the lowest in caffeine level

2nd Quality tea- smaller pieces, perhaps mixed colors of brown with green leaves, some bagged some in bulk

3rd Quality tea- is the "dust" left over after the leaf pieces have been used, almost always in bags, have lost the green color, much lower in antioxidants etc., although much higher in caffeine content

Benefits of Tea

The compounds, polyphenols, which includes many kinds, can be used to prevent food spoilage to halt progression of cancer cells. Can be 100x more powerful than Vitamin C, 25x more Vitamin E, superior to grapes and wine!

(See other attachments for more benefits)

How to Brew and How to Eat Green Tea

See other attached form

How much to Consume

This varies depending on type of tea or herb, anywhere from 2 cups to 8 cups a day. Or if eating green tea 6 grams a day, dry or wet leaves.

For more information: Austin Herb Society Educational program on February 12, “The Health Benefits of Green Tea”, at 7PM at Zilker Botanical Gardens on Barton Springs Road by Cindy Burrows of Nature’s Healing Herbs. This is open to the public as part of our continuing education; you can look at Austinherbsociety.org for more information. Or contact Cindy at 512-707-6782 or cindy@herbalagogo.com