

The Tea Handbook

Discover the power of the healthiest
& most important teas in the world



Larry & Oksana Ostrovsky

The History Of Tea3
Types Of Tea.....4
Green Tea Benefits5
White Tea Benefits8
Black Tea11
Oolong Tea Health Benefits15
Chamomile Tea18
Conclusion21

The History Of Tea

Drinking Tea plays a central part in our lives. It is a universal phenomenon with millions of people the world over enjoying tea on a daily basis. It is hard to imagine a world without tea.

Tea has a long history that spans across numerous countries over thousands of years. Legend says that tea originated in 2737 BC when the highly disliked Emperor Shen Nung of China was removed from power and driven out to an isolated spot in Southern China. Having no money to drink anything else but water, Shen Nung happened to be sitting under a tree one day when a gust of wind dropped a few leaves into his cup of boiling water. He loved the blend and found it so relaxing that he sat under that tree for the next seven years and wouldn't drink anything else.

People in China were the first drinkers of tea, and they did so for hundreds for years before it was finally discovered by European explorers. The Chinese thought tea to be hugely beneficial for health and eventually it was used as a religious offering! A scarce and rare product, tea was only consumed by royalty and it wasn't until the discovery of more kinds of tea plants during the Tang Dynasty that tea became available for people of lower classes.

Tea finally made its way over to England when King Charles II married Catherine of Braganza, a Portuguese princess, in the 17th century. Surprisingly, though many people associate tea with being quintessentially British, the popularity of the drink is wholly due to the foreign princess.

Today, tea is the most popular drink in the world behind water, and its impact on culture and politics is huge. Read on to learn more about where tea came from and what its place is in today's society.

Types Of Tea

DISCOVER THEIR FITNESS AND WELLNESS BENEFITS

Tea has long been one of the most largely drunk substances across the globe. For centuries, each continent on earth discovered the health benefits and wonders of tea and all that it is able to offer. Today, the world has been discovering anew the sheer massiveness of these benefits, along with what tea can do for the human body. With everything from cancer prevention to weight loss, it is not surprising considering its very origin over 5000 years ago.

DID YOU KNOW...

True tea comes from the same plant called *Camellia Sinensis* and this includes white, green, oolong, black and pu-erh. So that means there is no such thing as a “green tea plant” or a “black tea plant”. What distinguishes a green tea from a black tea has to do with how the tea leaf is processed.

What differentiates one tea from the next?

What separates a particular tea from another such as our White Peony White Tea from our Phoenix Honey Orchid Oolong are three factors: the specific plant cultivar the leaves were grown on, the terroir where the tea plant was grown, and the processing method of the leaves into dried tea.

Within the *camellia sinensis* family there are two main varietals and hundreds of cultivars. In China, these hundreds of cultivars of the tea plant have been created and groomed to produce many variations of the tea plant suited for different climates or different intended outcomes (larger leaves vs smaller leaves for instance).

All teas are not created equal

But before we get into it I just wanted to make sure it is clear what makes something a tea vs. not a tea.

Tea isn't simply some kind of leaf brewed in hot water.

The key distinguishing standard of what makes a tea vs. an herbal leaf drink is whether or not the leaves came from the *Camellia sinensis* plant.

So that means herbal "teas" like mint, chamomile, chrysanthemum, rooibos, or yerba mate which are not from the tea plant, *Camellia sinensis*, are really not a tea. They may be drunk in a similar manner to the way tea is consumed, but technically they are herbal tisanes.

Now you know what qualifies as a tea vs. not a tea!

Regardless all of them contain antioxidants, catechins, and polyphenols, and other powerful nutrients which positively impact our bodies.

Let's explore some of these teas and tisanes.

Green Tea Benefits

Tea is regarded as the most consumed and healthiest beverage in the world side from water. Nevertheless, 78% of the tea that is consumed worldwide is black and just about 20 percent is green. All kinds of tea except the herbal tea have been brewed from the dried *Camellia sinensis* bush leaves. The oxidation level of the leaves is determining the kind of tea. Green tea is made from dried leaves that is not oxidized, and it is one of the less processed kinds of tea, and thus, containing one of the most beneficial polyphenols and antioxidants.

Green tea was used in traditional Indian and Chinese medicine for healing wounds and controlling the bleeding, improved ear, aid digestion, and improving mental health, and regulating the body. This tea has been the healthiest beverage on the planet. It is full of nutrients and antioxidants with powerful effects on the body, which include weight loss, improved function of the brain, lower risk of cancer, and much more incredible benefits.

Containing bioactive compounds that improve health

Green tea is more than just green liquid. Many of the bioactive compounds in the leaves of this tea are making it into the final drink, which contains great amounts of essential nutrients. It is full of polyphenols like catechins and flavonoids that

function as powerful antioxidants. These substances are able to reduce the free radical formation in the body, protecting the molecules and cells from damage. These free radicals have been known to play a role in aging and all kinds of diseases.

Among the more powerful compounds in this tea is the antioxidant EGCG (Epigallocatechi Gallate), which was studied for treating disease and could be among the primary reasons why green tea has such powerful properties for medicine. Green tea also possessed small quantities of minerals, which are essential for health. Try selecting a greater quality green tea brand because several of the lesser quality brands may contain excessive fluoride levels. Through that, even if you select a lower quality brand, the advantages is still far outweighing any risk.

Improving physical performance and increasing fat burning

If you would look at the list of ingredients for any weight loss supplement, the tendencies are that green tea will be included there. It is for the reason that green tea was shown for increasing fat burning and boosting the metabolic rate human studies. In one study in ten healthy men, green tea was able to increase their energy expenditure by 4 percent. Another study has shown that fat oxidation has been boosted by 17 percent, which determine that green tea can increase the burning of fat.

Protecting brain in old age and lowering the risk of Parkinson's and Alzheimer's Disease

Green tea does not only improve the function of brain in the short term, but it is also protecting your brain in old age. Alzheimer's disease has been the most common neurodegenerative disease in elders, which is also a leading cause of dementia. Furthermore, Parkinson's disease has been the 2nd most common neurodegenerative disease, which involves the death of dopamine producing neurons in the brain. Many studies have shown that the catechins compounds in green tea may provide different protective effects on the neurons in animal models and test tubes, potentially lowering the risk of Parkinson's and Alzheimer's disease.

Reducing the risk of cardiovascular disease

Cardiovascular diseases, which include stroke and heart disease, are the biggest causes of death in the world. Studies have shown that green tea is able to boost several of the primary risk factors for these kinds of diseases, including total cholesterol, triglycerides, and LDL cholesterol. In addition, green tea is dramatically increasing the antioxidant capability of the blood, protecting the LDL cholesterol particles from being oxidized and it is one part of the way into heart disease. With the beneficial effects on risk factors, green tea drinkers are given as much as 31% lower risk of cardiovascular disease.

Making you smarter through improvement in brain function

Green tea is doing more than just keeping you awake. It is also able to make you smarter. The main ingredient is the caffeine, because it is a known stimulant. It does not contain as much as that of the coffee. The ingredient in green tea is only enough for response production without having to cause the jittery effects that are accompanied with so much caffeine. The thing that caffeine does in the brain is blocking an inhibitory neurotransmitter, also known as Adenosine. Through this, it is actually increasing the concentration of neurotransmitters like norepinephrine and dopamine, along with the firing of neurons.

Lowering the risk of different kinds of cancer

Cancer is caused by the uncontrolled cell growth. It has been among the leading causes of death in the world. It is known well that oxidize damage is a great contributor to cancer development and that antioxidants will have a protective effect. This tea is an outstanding source of powerful antioxidants, which is why it makes perfect sense that it has the capability of reducing the risk of cancer like prostate cancer, breast cancer, and colorectal cancer. However, it is essential to remember that it could be a bad idea to put milk in your tea, as it may decrease the value of antioxidants.

Lowering the risk of infection and improving dental health because it kills bacteria

Green tea's catechins have other biological effects too. Several studies show that they are able to kill bacteria, get viruses like influenza virus inhibited, and lower the risk infections. Streptococcus mutans is the main harmful bacteria in the mouth, causing plaque formation and is a main contributor to tooth decay and cavities. Studies have shown that the catechins in green tea are able to inhibit the growth of streptococcus mutans. Consumption of green tea is associated with lower risk of caries and improved dental health. Another amazing benefit of green tea in accordance to multiple studies is that it can reduce bad breath.

These are only few of the benefits of tea, particularly the green tea. There are many other teas, which provide other benefits to the fitness and wellness of your body.

White Tea Benefits

The history about white tea suggests that it is originated in the country of China. The production of this tea type also changed because of the various dynasties that passed in China. The used modern process emerged in about 1,700 various types of white tea, which are created using different tea bushes types. The exploration and prominence of white tea had started in China after many years.

Today, there are various types of tea existed in the market. Examples are chamomile, hibiscus tea, and green tea that most people used as part of their beverage drinking habit. The tea intake has been a part of practice of many even in ancient times because of beneficial effects on the health of human beings. People from the East are referring tea as a key ingredient for wisdom, perfect health, and happiness. White tea contains fluoride, tannins, and flavonoids like catechins and polyphenols. And these are the things responsible for several health benefits that is provided by white tea.

Though white tea was consumed as people's common drink, it contains various health benefits can be accounted for several studies carried out in present and in the past times. Because of its numerous benefits, white tea is considered as a good alternative compare to coffee that contains a high caffeine percentage. White tea is containing nutrients and some antimicrobial qualities to protect the body from the disease occurrence. Black tea and green tea are both beneficial, but white tea is the

one that undergoes less process that helps retaining a high level of phytochemicals. With its minimal processes, it also requires less labor and time computed compare to black tea and green tea production.

The Health Benefits of White Tea

There are many benefits embodied by white tea; it includes reduction of cancer risks, disorder of cardiovascular and oral health improvement. Also, it has an antioxidant and an anti-aging properties that can help maintain a good health and a healthy skin as well. It can help protecting he skin from the harmful UV rays. In addition, because of its antibacterial properties, a white yea can help protect the body from the infection causing bacteria. For diabetic people, white tae can also give relief from the symptoms like decrease of level of plasma glucose; increase the secretion of insulin and excessive thirst. It is also ideal for those who want to gain weight loss.

Antioxidant and anti-aging properties

The presence of the free radicals to the body will lead to different body organ damage that includes the skin. The radical elements are contributing to the skin to accelerate the process of aging that also comes in challenge associated in age advancement. The white tea contains a polyphenols that can help neutralize the fee radicals and make them less destructive in the body. The study suggests that this tea can elevate the level of antioxidant effects to the organs.

Youthful and healthy skin

White tea helps maintaining a youthful and healthy skin. Due to its properties called antioxidants, white tea is recommended for use, which can effectively help in delivering a quick recovery and repair of the damaged skin. In addition, it is beneficial in skin protection against the UV light effects.

Oral health

Oral health is also a part of the health benefits of using white tea. The flavonoids, tannins, and polyphenols' presence can help inhibit the growth of many bacteria that can cause a plaque formation. The content of fluoride that can be found in white tea is also effective to reduce the risk of having a dental caries and tooth decay or cavity.

Cancer prevention

Just like the green tea, the use of white tea is also beneficial in cancer prevention like lung cancer. The research had suggested that white tea could be a potential anticancer and chemo preventive agent; its extract will induce cell death or apoptosis and can help prevent the growth of new cell in the lung cancer. It also contains antimutagenic properties. Further research and study is needed to determine and confirm its anticancer properties in other cancer types.

Its effect on diabetes

The research suggested that the intake of white tea can provide relief to the diabetic people on the symptoms like excessive thirst, decrease in the levels of plasma glucose and insulin secretion increase.

Disorder in cardiovascular

The flavonoid content that can be found in many foods like white tea, vegetables and fruits are associated to the decrease of the risk of having a cardiovascular disorder. Flavonoids also help reduce the blood pressure. Furthermore, it can also help improve dyslipidemia, inhibits the low-density lipoprotein oxidation and endothelial function. The white tea consumption rich in flavonoids can reduce the risk of several cardiovascular disorders.

Antibacterial properties

Medical conditions and diseases are the main cause of pathogens that are able to attack the immune system and make the body operate under normal capacity. White tea contains antibacterial properties that can help protect the skin from germ and bacteria. There are products like hand soaps are using white tea as their main ingredients. The white consumption can help the body protected from various infection causing bacteria and microorganisms. For those who are suffering from common cold and flu, white tea can help give relief when it is intake.

Gaining weight loss

Weight gain can be achieved in many factors like abnormal food habit and practice, family lineage. Busy schedules and bad food choice may lead to weight gain in no time. Shedding off with that additional body pounds is not that easy especially when there are no presence of exercises and workouts. Having a diet in this situation can be a way to get away with weigh gain. Other diets are not good for the body, thus they are not fun to be with especially when you are not following the prescribed procedures and steps. Unlike white tea intake that is also similar to the other beverage of choice, it is easy to do referring to the prescribed steps by simply taking it in. There are studies that suggest that white tea intake can prevent adipogenesis and can control the cycle of life of the fat cells that is called adipocytes. The property is also confirmed that exist in other tea types.

So, white tea is undeniably effective in delivering a health benefits to the various users with different health levels. It is the main reason why main are using this sought-after tea. White tea is much better when it is brewed and brought in the form of a loose leaf. Consumption of tea brewed is forming the leaf can guarantee the nutrient existence in the actual form. It can be better compared to the tea bags that undergone processing. The brewing process is the same to the other tea types. It is recommended that clean and pure water must be used in brewing.

Black Tea

Black tea is produced from the extracts of *camellia sinensis* wherein the leaves are matured and dried so that it gives a dark color. The tea is a common beverage for most of us because of its health benefits. Most experts would recommend black tea to be consumed without any additive like sugar or milk to fully harness all the benefits that it offers.

Here a series of health benefits of black tea that you should know.

Healthy heart

In a study conducted, it was found out that regular intake of black tea helps lower the risk of heart attack and stroke to individuals who have history of heart-related

diseases. At least half a cup of black tea a day will do help a person fight the signs of a weak heart and system.

Strong teeth

According to Tea Trade Health Research Association, daily intake of black tea helps reduce the formation of plaque while it restricts the development of bacteria leads to cavity as well as tooth decays. Black tea is rich in polyphenols that is found out effective in killing and surpassing cavity-causing virus and bacteria. Moreover, this compound also helps in preventing the growth of microbial enzymes forming a sticky material which surrounds the plaque in your teeth.

Cancer inhibition

One of the most effective cancer prevention techniques that is recommended by experts is drinking black tea. Over the years, several studies and tests proved the efficiency of black tea in deterring the growth of carcinogenic cells in the body. This catechins and polyphenols in black tea are essential compounds that inhibit some forms of cancer. It was also found out on researches that women who regularly drink black tea are less prone to ovarian cancer.

Alternative for diabetic individuals

For diabetic individuals, black tea is a great option and alternative for treating the ailment and even lowering their sugar level. On the other hand, if you want to lower your risk of diabetes the tea is a beneficial beverage that you must consume daily for best results. In most Mediterranean areas, elderly people who are consuming the tea for many years are found out of having lower chances of diabetes. Drinking 1 to 2 cups daily of the tea will do.

Antioxidants

Black tea is abundant of polyphenols which are potent compounds that are substantial for cleansing and eliminating toxic materials in the body. The compound helps in blocking DNA damage related with toxic chemicals such as with those in tobacco. Antioxidants found in black tea are a lot different from those that are found in veggies and fruits, thus once you make it a part of your regular diet, it can have additional benefits for your health.

Healthier bones

As suggested on the results of a number of researches and studies, black tea is beneficial to one's health because it promotes the growth of strong bones. People who habitually drink black tea have lower probability of having arthritis because of the phytochemicals that are found in the tea. This is best for athletes who want to pursue their passion in a particular sport.

Tougher immune system

The alkylamine antigens contained in black tea is effective in boosting our immune response to any sickness. Furthermore, the tea also contains tannins that has the ability to build defense against viruses and bacteria keeping us protected against stomach flu, influenza and all other common types of viruses that we encounter every single day.

Stress management

One of the most common benefits of tea is its calming and soothing effects. With this, black tea also offers relaxing benefits to our body and mind. Through the L-theanine found in the tea, a person can be more relaxed, concentrate and think better by simply drinking the tea. Studies show that the tea helps reduce the stress hormone levels once consumed at the right amount. On a regular basis, consumption of black tea can really help a person attain a more relaxed disposition to circumstances and some events in life.

Cleaner digestive tract

While it has antioxidants that cleanse the body, black tea is also offers therapeutic benefits on our digestive tract. The tannins are advantageous in calming our digestive tract while preventing the formation of intestinal and gastric illnesses that may lead to serious digestive malfunction. At the most, it also reduces digestive activity making digestion a lot easier for our digestive system. Its calming effect is good for us to maintain a well-balanced digestive activity.

Energizer

Instead of consuming energy drinks, drinking black tea can be more effective in increasing your energy throughout the day. Not like other drinks, black tea has lower caffeine content that is good enough to increase blood flow from other parts of the body to the brain. The caffeine contained in a cup of black tea is the right amount of caffeine that must be consumed by the body because it does not over-stimulate the heart. While presenting a good effect on blood circulation in the entire body, the tea also enhances the respiratory system and metabolism and stimulates the kidney and the heart at the same time.

Skin moisturizer

Not all of us know about the beneficial effect of black tea in our skin. The essential compounds in the tea hydrates the body, therefore it sustains the water level in the skin. With regular intake, you're no longer to purchase a one-month supply of skin moisturizer because one cup of black tea a day will do sustain the moisture and youthful glow in your skin. The tea can be a good alternative for skin moisturizers that you used to buy in the market.

The health benefits offered by black tea are far beyond what we see and know about it. The truth is that its color does not hinder the tea from becoming popular because its several advantages to our body that we might not know before. You can now achieve a holistic health through regular consumption of black tea for a brighter future.

Oolong Tea Health Benefits

Going back 400 years ago, the origin of Oolong tea was traced in China. Chinese locals have used the Oolong herbs as medicinal product for treating skin and digestive problems. With the innovation made by science, Oolong herb has made a great contribution to people through its health benefits.

Today, Oolong tea is one of the healthiest tea that people are encouraged to use. With a number of health benefits that it offers, it is like you combined the good qualities of green tea and black tea. Because of its health advantages, Oolong tea is definitely the good tea that should be included in your diet.

Eliminates harmful free radicals

Responsible for the elimination of toxic and harmful radicals in the body that is present in Oolong tea is the polyphenolic compound. It is actually an antioxidant agent that encourages an active behavior of other radical compounds in our body. Thus, it can help if you will consume daily doses of the tea to protect your body from free-moving cells that can pose health threats such as atherosclerosis, diabetes, cancer, neurodegeneration, arthritis and many more. An ordinary antioxidant in drinks is always a good thing but in the case of polyphenols, they are powerful antioxidants that are found abundantly in Oolong tea.

Promotes weight loss

Another good quality of polyphenol compounds in Oolong tea is that it controls metabolism of harmful fat in our body. Aside from its antioxidant property, it is also rich in compounds that activate some type of enzymes that enhances the role of fat cells promoting the normal function of the cells in the body. It is a conventional belief that Oolong tea minimizes obesity on a person yet, modern researches and studies found out that it is true and factual indeed. Therefore, if you are serious about attaining your weight loss goals then it is advisable for you to take Oolong tea regularly.

Controls diabetes

Before, Oolong tea became beneficial herbal brew as a diabetic medication. People with type-2 diabetic disorder, they are actually advised to take the tea aside from the supplementary drugs to treat the disease. The compounds in the tea help in regulating blood sugar level and insulin in the bloodstream thus, the harmful blood sugar is reduced to an amount. Study shows that combined power of Oolong tea and hyperglycemic drugs balances the blood sugar level while preventing sudden drops in most of the test subjects.

Supports growth of healthy skin cells

Scientific experiments have proven that Oolong tea is effective in patients who were diagnosed with eczema. Consuming 3 cups of the tea can have beneficial results on the patients. In less than two weeks, patients can already see the results and noteworthy improvement on their skin. Despite the fact that the active agent is not really identified the polyphenols to be exact, most people believe that it is the polyphenols who acts as the anti-allergenic compounds that is advantageous for our skin. It was also found out that polyphenols can treat chronic skin conditions like atopic dermatitis. In a study and test conducted, the result were positive that patients who were diagnosed with eczema have progress on their situation after regular drinking Oolong tea. Most individuals believe that these patients have seen great improvement on their skin condition with the strong compounds of polyphenols in the tea.

Prevents cancer

It has been proven and tested that tea drinkers are less prone to having cancer because of the anti-cancer properties of every cups of tea. With this, researchers and experts have found out that polyphenolic compound present in Oolong tea stimulates apoptosis in the stomach that prevents the growth of cancerous chemicals. The chemo-preventive instrument that is extracted from polyphenol extract is an effective instrument in preventing the development of cancer and all

other forms of the disease. By suppressing the activation of carcinogenic cells, the compound is able to repress the formation of cancer cells while trapping them to never get into the body.

Helps the development of healthy bones

Being rich in antioxidant materials, Oolong tea is able to support strong build up in its structure. Therefore, once you take the tea on a daily basis, you will have greater chances of having stronger bones than ever before. Aside from the fact that it helps in the formation of healthy bones, it also aids in the prevention of osteoporosis. Based on several studies, Oolong tea offers long term effects on the bone most especially on BMD or bone mineral density. According to the tests made, individuals who regularly consume the tea are less possibly to have lower mineral density than those who do not take the tea. It is believed that some compounds or components in the tea stimulate the preservation of minerals besides the food that we eat everyday.

Manages stress

It has been cited that Oolong tea is rich in L-theanine which is an amino acid that sends in positive neuron excitement in the brain helping the person respond to stress in a positive manner. This type of amino acid helps the brain to be at rest even when there is a stressor that may cause the person to get stressed at a level.

Increases mental performance

The health benefits of Oolong tea is also associated to increased mental performance on the person. Because of the effective compounds in the tea, it keeps an individual alert and active all throughout the day while being able to perform well mentally. Therefore, when taken regularly, a person will be able to perform at his best whether at school or work because of the great mental benefits and advantages of the tea.

Oolong tea is considered one of the most potent types of tea of today which is proven and tested by a number of studies and experiments. Despite the fact that it offers several health benefits, one should still have caution in taking the tea because of its high content of caffeine which can cause other health problems. Taking too much of the tea might lead to greater health problems in the future.

Chamomile Tea

Chamomile Tea or the *Marticaria Recutita* is an ancient medicinal herb first known in Greece, Rome, and Egypt. It grew popular during the medieval period and from then on, people turned it as a medicinal remedy for a number of medical complaints such as colic, fevers, asthma, inflammations, skin diseases, nausea, children's infirmities, nervous illnesses, and cancer. It is also referred to as the Chinese ginseng's European counterpart.

Chamomile is actually a range of daisy-like plant lives in the Asteraceae family. There are many species of Chamomile but two of which are the most common and those are the Roman Chamomile (*Chamaemelum nobile*) and the German Chamomile (*Marticaria Recutita*) which are used in the ancient times as alternative remedies because of their anti-inflammatory and calming properties. Both species of chamomile has its own health benefits.

This plant is a European native. Its various species are almost distinct and has their own conditions in order for them to grow. An example is the Roman chamomile, which is a perennial plant—it can live for two years and above and it grows very near the ground and produces small blossoming flowers. Roman chamomile is bitter when used as a tea while the German chamomile comes in a sweeter selection—it grows annually but blossoms large in height up to 3 feet.

The active ingredient of chamomile is volatile oils—this includes matricin and bisabolol oxides, flavonoids (particularly called apigenin) and therapeutic substances. This medicinal plant is very well known to be used in teas for centuries because it is mild, a good aid for relaxing sleep, can relieve fever and colds, heal stomach pains and it is anti-inflammatory. These are only some of its therapeutic uses. It can be used intrinsically or extrinsically. Scientists have conducted extensive research about Chamomile for 20 years and they have affirmed to the various traditional uses of it. They have also established pharmacological schemes

of the plant's therapeutic activities like being an antiseptic, antibacterial, antispasmodic, antifungal anti-allergenic and antipyretic activity.

Benefits of Chamomile Tea

For years, Chamomile Tea has been relieving millions of people with the wonderful therapeutic properties from the Chamomile plant. These specific benefits are the following:

- Relieves teething problems, colic, and restlessness in children
- The tea is used as a remedy for rashes, rheumatic problems, and lumbago.
- Relieves allergies effectively compared to some antihistamines.
- Aids digestion especially when taken after meals
- The vapor is used in alleviating asthma and cold symptoms.
- The salve is best for wounds and hemorrhoids.
- Relieves morning sickness of pregnant women
- Provides instant healing of burns, wounds, and skin ulcer
- It is also a treatment for ulcerative colitis and gastritis.
- It can reduce inflammation and is good in facilitating bowel movement not as a direct purgative.
- It can compress inflammations and skin problems when used as a wash.
- It promotes stress relief and general relaxation. Studies show that chamomile has substances that act as anti-anxiety drugs and work on our nervous system.
- It can control insomnia. It mildly sedates and relaxes muscles and helps those who are suffering from insomnia to fall into slumber easily.
- It can be a treatment to bowel problems, gastrointestinal illnesses, and diverticular diseases.
- Its antispasmodic and anti-inflammatory properties work effectively and relax the stomach's smooth muscles and the intestines. It may therefore provide relief to nausea, stress-related problems and heartburn. Diverticular disorders are also treated and bowel conditions like Crohn's disease.

- It can soothe rashes and eczema, sunburn and minor burns. Can be added with oil for a cool bath. This will ease itching caused by eczema and other forms of skin rashes and skin inflammation. It speeds up healing and prevents bacterial infection.
- Eyes infections and inflammations are also relieved by Chamomile tea. The cooled tea can be used as a compress to soothe irritated and tired eyes. It can also help in the treatment of conjunctivitis.
- Mouth sores are easily healed plus it prevents any gum diseases from developing. Chamomile tea as mouthwash soothes mouth inflammations and keeps healthy gums.
- It can reduce dysmenorrhea. It has the ability to relax uterus muscles and ease the discomfort brought by menstrual cramps.

With this long list of benefits, there is no doubt that Chamomile Tea is a very efficient medical partner to families. It has brought forth many benefits in aromatherapy through the relief and relaxation brought about by its natural and therapeutic properties. It has flourished in Europe and now became a widely used alternative to cure inflammatory discomforts.

The good thing about Chamomile Tea is that it is now readily available in the market. People have access to it anytime they would want to. This is also the reason why it is used in every home. Instead of drinking other beverages, most families around the world turned to Chamomile Tea as their healing regimen. Traditional teas like Chamomile are not only for countries who follow traditional practices but also to those in the present generation.

The benefits of this wonder tea have been proven and time-tested. Ever since its sprout in Europe, its healing effects have already been established. Asian countries are very popular to on having tea as part of their lifestyle and Chamomile Tea is one of the various types of medicinal teas that they include in their daily dose of wellness.

Chamomile Tea remains an option to many because of the helpful results it has provided. This specific type of tea has encompassed the natural way of healing. With all the drugs and medicines formulated and manufactured in the market today, the fruitful benefits of teas are never out of the scene.

Recent researches classified the specific antibacterial, anti-inflammatory, antispasmodic, muscle relaxant; sedative and anti-allergenic properties of Chamomile and the researches done validated its reputation as a medicinal plant. It has caught the attention of many and right then, it increased its popularity, and today, it is already included to pharmaceutical drugs of 26 countries around the world.

Conclusion

Drinking tea is associated with different health benefits on wellness and fitness, ranging from weight loss to cancer prevention. On the other hand, most people do not have familiarity with the appropriate method of preparing tea to maximize the health benefits of tea. Think of your tea preparation as a chance of playing at being a shaman in the rainforest or a chemist in the lab working to extract the maximum amount of beneficial compounds. The primary compounds of interest are polyphenols. Selecting your reaction vessels in preparing tea is very essential. You need to pick a pot in boiling the water for the tea, as well as any vessels used for steeping the tea that is not reacting with the tea polyphenols.

A pot that is ideally made of heat resistant glass would be great. Prevent pots that are made of metals, because these may react with the components of tea, particularly ones that are made of aluminum. Begin with good quality water in your tea preparation. Keep in mind that your water should be free of water-hardening minerals, as they will be interfering with the taste, along with the beneficial compound extraction. Water that went through Brita filter has been suitable. Heat the water to the boiling point and settle for several seconds. The trick is not having the water so hot that the great components of tea are being driven out in the air through volatilization.

Pour the hot water into the vessel that contains loose tea or tea bags. Get the cup with a saucer covered or put the lid on the teapot so as to avoid polyphenols escaping into the air. You must never boil the water and tea together. The time that the hot water comes in contact with the tea is very essential, which is called the steeping time. A steeping time of less than five minutes will be able to extract only 20% of the great things, which you can rather extract if you have 8-10 minutes of

steeping time. In addition, drinking piping hot fluids is a practice that is not healthful, no matter if, it is soup or tea, because this may lead to mouth irritation, and potentially, to cancer of these regions.

On the other hand, do not let your tea sit too long on the counter top before you drink them, as the polyphenols are going to start degrading and you are going to lose the health, fitness, and wellness benefits that can be found in tea. Therefore, it would be best if you drink it following the steep time of ten minutes. When you follow steeping, always get the tea bags squeezed, or if you are using loose tea leaves, you should press down on the mash to gain maximum extraction of polyphenols into your cup.

The most important is how you take your tea. Taking tea with milk will reduce the ability of your body to absorb the great components of tea. However, adding lemon to your tea is a great practice and it can essentially help in the extraction and prevention of polyphenols being degraded. Drink a cup or more of tea and consume in this manner today to derive the maximum health, fitness, and wellness benefits of tea.