



Sometimes when you tell someone you are drinking tea, their first comment is “Tea is too cooling for your health?” Tea is categorized under many varieties, some has cooling nature while some has heaty nature. To-date, there are over 1,500 varieties of tea, not including herbal tea varieties.

According to Chinese legend, tea drinking was discovered in 2737 B.C by Emperor Shen Nung who was boiling water under a tea tree & a few tea leaves fell into his pot of boiling pot. The flavourful beverage soothed him instantly. Thereafter, tea drinking become popular & spread through all parts of the world.

In Chinese Medicine history, he is known as the Father of Chinese medicine through his many discoveries of medicinal herbs to treat illnesses & diseases. He also discovered the technique of acupuncture.

People all over the world has been drinking tea for centuries because they recognized the good health benefits of tea. Most importantly is to understand their nature of health benefits for different body constitutions by choosing healthier choices like caffeine-free & high in antioxidants to help boost our total health being. Healthy tea drinking benefits are:

(1) Tea drinking make up part of our daily drinking water needs of 8-10 glasses by keeping us hydrated.

(2) Tea helps to improve health problems like body aches, cardiovascular system, circulatory system, digestion, fatigue, high blood glucose, high blood pressure, high cholesterol, skin health & immune system, etc.

(3) Tea helps to boost mental alertness & improve vision too.

(4) Tea helps to increase bone density.

(5) Tea helps to reduce free radical damage caused by environmental factors like air pollution, heavy metals, hot or humid weathers, etc.

(6) Tea helps to inhibit bacteria in cavities.

(7) Tea has anti-inflammatory properties which helps to improve arthritis, depression & metabolic syndrome, etc.

(8) Tea with high antioxidants is known for its anti-cancer properties which helps to inhibit cancers in bladder, esophagus & stomach, etc.

(9) Tea especially caffeine-free teas, lavender, mulberry leaves & rooibos tea, etc helps to relieve insomnia.

(10) Tea helps to slow down aging process, etc.

(11) Tea is calorie-free so help in our slimming regimen.

Lastly, make tea drinking part of your health lifestyle to boost your body's immune system especially for those who do not like to drink plain water. Try some of our healthy teas' recipes at our [Recipes: Beverages Page](#).