

# Teaology

## Definition of Tea

All tea comes from the same plant. It comes specifically from the leaf of *Camellia sinensis*, a subtropical evergreen plant native to Asia, and now grown around the world.

Herbal "tea" is a colloquial term meaning any hot drink made from a variety of botanicals, including flowers, bark, fruit, leaves, etc. While this term is commonly used, tea professionals are careful to differentiate between true tea made from *Camellia sinensis*, and everything else, from mint to rooibos. These are technically herbal infusions.

## Three Notable Components of Tea

Essential Oils - gives the delicious aroma/flavor

Polyphenols - provides tea's "briskness" and many of the health benefits

Caffeine - like coffee/chocolate this provides tea's natural "energy" lift

## The Health Benefits of Tea

Recent studies exploring the potential health attributes of tea is leading many scientists to agree that tea, both black and green, may contribute positively to a healthy lifestyle.

"Fruits, vegetables and tea all contain important antioxidants. Research suggests these phytonutrients may contribute substantially to the promotion of health and the preventions of chronic disease. For example, recent research studies reveal the antioxidants in tea may inhibit the growth of cancer cells and support cardiovascular health," stated Jeffrey Blumber, PH.D., F.A.C.N. Chief of the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

Tea contains flavonoids, naturally occurring compounds that are believed to have antioxidant properties. Antioxidants work to neutralize free radicals, which scientists believe, over time, damage elements in the body, such as genetic material and contribute to chronic disease.

- Enhance immune system
- Reduce risk of cancer
- Control cholesterol levels
- Increases metabolism to help reduce weight
- Slow the aging process
- Control blood pressure
- Reduce stress
- Contains fluoride to promote dental health
- Tea has 1/3 the caffeine of coffee
- Tea is calorie free



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