

20 000 Secrets Of Tea The Most Effective Ways To Benefit From Nature's Healing Herbs

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Freshly blended herbal teas offer more healing power than do pre-packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include Daily Adrenal Support, Inflammation Reduction, and Digestive Tonic. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs. This book is an enchanting and delectable guide to blending and brewing power-packed herbal teas at home.

You Love To Drink Tea. Why Not Grow Your Own? If you've ever considered raising your own tea, this comprehensive guide is the place to start. *Growing Your Own Tea Garden* is packed with inspiration and practical instructions for cultivating and enjoying delicious teas. Author Jodi Helmer helps you plan and plant a productive backyard tea garden, with sample garden designs and cultivation advice. She shows you how to choose the right crops for your soil and climate, starting with the tea plant (*Camellia sinensis*) and going on through a comprehensive survey of tisanes, or herbal teas. Discover how to grow the full range of herbal infusions that make wonderful teas, from flowering chamomile and lavender to chicory roots, rose hips, lemon verbena, peppermint, aromatic bergamot and more. Jodi shows you how to harvest, dry and store your tea to enjoy all year long, along with brewing tips and creative recipes. Inside *Growing Your Own Tea Garden* · Everything you need to know to create a healthy, bountiful tea garden and enjoy high quality tea · How to grow dozens of crops that make marvelous teas, herbal infusions and decoctions · Sample tea garden designs, including instructions for growing tea in container gardens and raised beds · Understanding the differences between black tea, green tea, white tea and herbal tea · How to dry and store your leaves for consumption on cool autumn days · Let it steep: how to brew the perfect cup of tea

Where does tea come from? With DK's *The Tea Book*, learn where in the world tea is cultivated and how to drink each variety at its best, with steeping notes and step-by-step recipes. Visit tea plantations from India to Kenya, recreate a Japanese tea ceremony, discover the benefits of green tea, or learn how to make the increasingly popular Chai tea. Exploring the spectrum of herbal, plant, and fruit infusions, as well as tea leaves, this is a comprehensive guide for all tea lovers.

Explaining how to use the healing properties of everyday herbs and spices to promote health, the author of *20,000 Secrets of Tea* offers more than one hundred recipes for health-boosting meals and snacks designed to boost energy, fight disease, enhance the immune system, and more. Original. 12,000 first printing.

Guide to making herbal teas.

An introduction to the world's teas and their healing qualities! A relaxing cup of tea is a soothing way to improve your health, lighten your mood, increase your metabolism, or boost your energy. Tea has so many health benefits, from preventing cardiovascular disease to burning calories, it's no wonder so many people are choosing this classic beverage over coffee and carbonated soft drinks. If you'd like to experience the benefits and healing properties of drinking tea, here's all you need to know about: The many different types of tea, including green, black, white, oolong, and pu'erh teas. Herbal teas, kombucha, and other infusions. The use of tea as medicine throughout history. Buying and brewing the most healthful teas. Developing your own de-stressing tea traditions. Using tea in cooking and creating natural beauty products. With essential advice on brewing the perfect cup and storing your tea, *The Everything Healthy Tea Book* will be your go-to reference for all things tea!

From tea guru Sebastian Beckwith and New York Times bestsellers Caroline Paul and Wendy MacNaughton comes the essential guide to exploring and enjoying the vast world of tea. Tea, the most popular beverage in the world after water, has brought nations to war, defined cultures, bankrupted coffers, and toppled kings. And yet in many ways this fragrantly comforting and storied brew remains elusive, even to its devotees. As down-to-earth yet stylishly refined as the drink itself, *A Little Tea Book* submerges readers into tea, exploring its varieties, subtleties, and pleasures right down to the process of

selecting and brewing the perfect cup. From orange pekoe to pu-erh, tea expert Sebastian Beckwith provides surprising tips, fun facts, and flavorful recipes to launch dabblers and connoisseurs alike on a journey of taste and appreciation. Along with writer and fellow tea-enthusiast Caroline Paul, Beckwith walks us through the cultural and political history of the elixir that has touched every corner of the world. Featuring featuring charming, colorful charts, graphs, and illustrations by bestselling illustrator Wendy MacNaughton and Beckwith's sumptuous photographs, A Little Tea Book is a friendly, handsome, and illuminating primer with a dash of sass and sophistication. Cheers!

Wellness in a Cup—Discover the Benefits of Tea for Your Body and Mind! It picks you up and calms you down, warms you and refreshes you. With black, white, red, green, and herbal varieties, there's a tea for every taste, and now this time-honored superfood is trending as the drink of choice for health-conscious people of all ages and cultures. This fascinating book boils down the rich history of tea—as well as the ever-expanding list of health and weight loss benefits found in its leaves. *Discover how black and white teas are heating up the beverage world with antioxidants and nutrients that lower the risk of heart disease, stroke, cancer, and fight off inflammation, viruses, and bacteria. *Learn how age-defying spa treatments made from tea can soothe your skin, soften your hair, and give you an all-over glow and peace of mind. *Get the latest knowledge from top medical researchers and tea experts on how the superfood can tackle digestive problems, depression and anxiety, aches and pains, and add years to your life. *Stir up over 50 home cures to give yourself more energy, less stress, treat the common cold, insomnia, and more! *Enjoy comforting and tea-licious recipes like Warm Scones with Jam and Devonshire Cream, Assorted Finger Sandwiches, Scrumptious White Tea Scallops, and Russian Tea Cookies paired with the perfect brew – hot or iced. Better health is just a sip away. With The Healing Powers of Tea (sweetened with lively stories) you'll learn the hottest tips to improve your health, boost your brain power, and even clean your house!

AROUND THE WORLD IN A TEACUP Did you know that tea is the most widely consumed beverage on the planet after water? Or that all of the world's tea originates from only three varieties of a single plant? While a cup of tea may be a simple pleasure for most of us, there are a dizzying number of tastes from which to choose. And every tea, whether a delicately sweet green tea from Japan or a bracing, brisk Darjeeling black, tells a story in the cup about the land that nurtured it and the tea-making skills that transformed it. In this authoritative guide, veteran tea professionals Mary Lou and Robert J. Heiss provide decades of expertise on understanding tea and its origins, the many ways to buy tea, and how to explore and enjoy the six classes of tea (green, yellow, white, oolong, black, and Pu-erh). Additional advice on steeping the perfect cup and storing tea at home, alongside a gallery of more than thirty-five individual teas with tasting notes and descriptions make The Tea Enthusiast's Handbook a singular source of both practical information and rich detail about this fascinating beverage.

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