



The Healing Powers of Tea

By Cal Orey

Citadel. Paperback. Condition: New. 336 pages. With a Foreword by Will Clower, Ph. D. , CEO Mediterranean Wellness and Author of The Fat Fallacy and The French Dont Diet Plan A fascinating book that goes beyond just green to include the medicinal benefits of black, white, and herbal tea blends. Ann Gittleman, Ph. D. 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, theres 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 teas 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...



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Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.

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This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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