



Tea Facts And Fancies

Delicious, Zero Carb Teas Help Summer Shape Up

(NAPSA)—Ahhh, summer. Sunshine, picnics, baseball and the beach. You're in shape for bathing suit weather, but now barbeque and party fare are tempting you. No need to sabotage your hard-earned success! This summer, keep the pounds off by adding zero-carb teas to your summer shape-up plan.

Celestial Seasonings® offers an array of one hundred percent natural teas that enliven your dietary regimen and keep you refreshed during the summer months. Whether hot or iced, teas complement any low carb, high protein diet including Atkins, South Beach and the Zone. In fact, tea is recommended during any phase of the Atkins diet and as a substitute for dessert. With the wide variety of flavors that Celestial Seasonings offers—from Tangerine Orange Zinger™ to Canadian Vanilla Maple Decaf—tea makes the perfect treat day or night.

"Teas are the ideal complement to a low carb lifestyle," explains Joan Boykin, Director of Marketing at Celestial Seasonings. "Teas not only quench your thirst and taste delicious, but keep your skin hydrated and provide other healthful benefits—tea flavonoids support heart health and may act to inhibit some cancers, and they also provide a good source of antioxidants. This summer, when you add Celestial Seasonings hot or iced teas to your diet regimen, you'll be doing your body a flavorful favor."

Keeping the Pounds Off

Research demonstrates that green tea flavonoids have been found to stimulate the body's abil-



This summer, shape up by adding refreshing, zero-carb teas to your weight-maintenance plan.

ity to burn calories by increasing fat oxidation and thermogenesis (heat production). Celestial Seasonings Green Teas, such as Raspberry Gardens™ and Metabo Partner™, contain these green tea flavonoids, which benefit any weight maintenance program.

If you struggle with drinking the 8 recommended glasses of water or decaf beverages each day—as recommended on the South Beach and Zone diets—tea is an easy, delicious alternative. Try great tasting decaf flavors such as Madagascar Vanilla Red and True Blueberry herb teas. The great flavors make it simple to meet any weight loss program's hydration requirements.

Whether it's iced Decaf Mandarin Orchard™ Green Tea at a barbeque or refreshing Raspberry Ice Cool Brew in your water bottle at the gym—enjoy all the benefits of tasty, thirst-quenching tea with friends and loved ones all summer long.

For fun drink and recipe ideas, visit www.celestialseasonings.com.