

HEART HEALTHY EATING

Take Heart With Tea

(NAPSA)—An apple a day may keep the doctor away, but a recent study found drinking tea might keep the cardiologist at bay. The USDA reported that men and women who drank black tea for three weeks reduced their total and bad cholesterol (LDL) levels



Photo courtesy of NHLBI and *The Heart Truth*.

by an average of 7.5 percent. Researchers concluded that drinking tea may reduce the risk of coronary heart disease. Antioxidants called flavonoids, found in both green and black teas, are thought to be potent weapons in the fight against heart disease.

That news may be especially important for women, given that heart disease kills more women than all forms of cancer combined including breast cancer. A new fashion show called the Red Dress Collection (featured each Fashion Week in February) may help spread the word on tea and women's heart health. Co-Sponsored by Celestial Seasonings and *The Heart Truth* Campaign, it will showcase celebrities modeling red dresses created by the fashion industry's top designers.

For more information visit www.celestiaseasonings.com/redress.