



spotlight on health

Tea's Benefits From Head To Toe—Lessons From The Latest Research

(NAPSA)—Making time for tea may be good for your health. That's because research shows there are specific benefits to drinking the world's most popular beverage. "Think of tea as another way to eat more plant foods—two cups of tea provide as many flavonoids as a serving of fruits and vegetables," explains Dr. Jeffrey Blumberg at Tufts University.

Flavonoids are antioxidants that help keep the body healthy. "Studies of large populations reveal the more tea people consume, the lower their risk for conditions like cancer and heart disease," adds Dr. Blumberg.

Brewing Up Benefits

Studies show drinking quality teas like Celestial Seasonings may have the following positive effects:

- **Heart and Blood Vessels**—A recent USDA study reports that tea reduces "bad" LDL cholesterol in the blood and increases the ability of blood vessels to respond to stress.

- **Cancer**—The flavonoids in tea can act to inhibit the development of precancerous lesions and cancers in tissues.

- **Bones and Joints**—Tea consumption may help maintain bone mineral density during aging. Some research indicates that tea flavonoids have anti-inflammatory actions.

The Benefits of Tea

Brain
May help prevent the affects of brain-degenerative diseases

Teeth
May prevent cavities and bad breath

Heart and Blood Vessels
A USDA study reports that tea prevents the buildup of bad cholesterol

Cancer
Studies have shown that tea inhibits the growth of cancers

Liver
May help defuse the effects of harmful toxins

Immune System
Helps maintain a healthy immune system

Weight
Stimulates the body's metabolism

Bones and Joints
May prevent and relieve joint inflammation

From Head to Toe

Courtesy of Celestial Seasonings®. For more information on the health benefits and research related to tea, visit www.celestialseasonings.com.

Good Health In The Bag—Antioxidants in tea may help keep you healthy.

- **Immune System**—A Harvard study suggests that tea may help support a healthy immune system.

- **Teeth**—Tea is a rich source of natural fluoride and, together with tea flavonoids, may help combat cavity-causing bacteria and plaque.

- **Weight**—Green tea flavo-

noids have been found to stimulate the body's ability to burn calories.

Research has shown that different types of tea—such as white, oolong, green and black—have different benefits for the body. "The bottom line is tea is good for you. We're still discovering just how good and far reaching the benefits can be," says Jim Kinsinger, PhD., of Celestial Seasonings.

Dr. Kinsinger recommends people do the following to get the most from their teacups:

- Drink at least two 8-ounce cups daily of white, green, oolong or black tea.

- Drink freshly brewed, high-quality teas (hot or iced). This ensures the highest concentration of antioxidant flavonoids, which are reduced in instant teas due to additional processing.

- Eat a well-balanced diet. While tea contains high levels of healthful flavonoids, fruits and vegetables offer vital sources of vitamins, minerals, fiber and antioxidants not found in other food groups.

Perhaps the most encouraging finding is that drinking just two cups of tea daily provides useful levels of tea's beneficial flavonoids.

For more information on the health benefits and research, visit www.celestialseasonings.com.