



The Ultimate Tea Guide: A Detailed List of 60+ Tea Varieties, including Health Benefits & Steeping Recommendations (Tea Guidebook)

Kathleen Rao

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If you want an organized list of the different types of Teas available, including the health benefits offered and specific steeping recommendations, then this book is for you! The media is abuzz with information aimed at helping people lead a healthier and happier life. Everybody wants to live long while feeling good and looking amazing. This universal desire has led to the introduction of countless beauty products, many of which are expensive yet ineffective. But in the midst of these hullabalos, there is something that actually can help you achieve a longer, healthier, and happier life – and it's all natural too. Research has revealed that drinking different types of tea has a way of altering cellular count and health in the body thus improving your health while at the same time slowing down the natural process of aging. Tea has also been found to be a good stimulant and helps to calm and revitalize the nervous system. Everyone should consider including different types of teas in their day-to-day life so as to enjoy the amazing benefits. Remember, different types of teas have different health benefits and therefore you should seek to familiarize yourself with a range of teas in order to seek out and appreciate the type that will next fill your cup and grace your tongue. This book contains a detailed list of more than 60 different tea varieties for you to use as a reference guide as you build your own pantry tea selection.

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