



Loyal-Tea by Lindsay Kehl

Iced or hot, do you know what your tea can do for you? Tea is one of the few drinks that have remained loyal to the human body by offering only powerful health benefits. Only one step away from water, you can enjoy an array of different flavors and invigorating scents with just the drop of a bag. However, you must be selective, not all tea is created equal.

By replacing your daily soda or juice with this calorie free beverage you can drop up to a pound per month! Not only will tea save you from the empty calories in most beverages, but it will also boost your metabolism helping you shed even more unnecessary weight! In addition to achieving a leaner figure, you will also flood your body with antioxidants. These little heroes help combat cancer, fight effects of aging, aid in digestion and even help lower your blood pressure!

With such a variety of teas out there you might have a difficult choosing a tea that is right for you. Here are some pointers.

WHITE TEA is the purest of the teas. It is light on your taste buds, low in caffeine, but filled with antioxidants.

GREEN TEA has more flavor, but is still low in caffeine. It is also filled with antioxidants and promotes healthy weight and good skin.

OOLONG TEA has a lot of flavor, with a tad more caffeine than Green Tea. It is also a strong supporter of weight loss.

BLACK TEA has the highest amount of caffeine. It helps maintain cholesterol and cardiovascular function.

ROOBIOS TEA is recognized for its help in promoting proper digestion. It also has vitamins and minerals that keep your immune system strong.

Here is life of a leaf at a quick glance. First, tea leaves are typically hand or machine picked from the plant. Next the leaves are set out to wither and then to ferment. Finally, the leaves are dried, graded and packaged for sale.

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The process seems very simple, but unfortunately not all tea is created equal. Many tea fields are treated with chemicals to produce a high yield of crop. The good news is that you can save yourself from these chemicals by buying USDA organic. This will confirm that the tea you are drinking has been treated with care and is safe to consume.

Iced teas are also often manipulated by the manufacturer. Many drown them with sweeteners and chemicals to make

an unhealthy, but highly marketable drink. To avoid these drinks, take a look at the ingredients. The first on the list should be water, second tea. If you need an extra calorie laden sweetener make sure it is an organic honey or cane sugar.

Now you have the facts! Start reading labels, find that USDA organic stamp and relax while reaping all of the benefits that your body craves! Do your best to help keep your tea true and it will continue to be loyal in return!

COMMIT TO YOURSELF!

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