



## Tea Facts And Fancies

### What's Better Than Eight Glasses Of Water?

(NAPSA)—Are you finding the doctor-recommended eight glasses of water a day hard to swallow? While the general rule is to drink about a half-ounce of water per pound of body weight daily, tea can make your task easier by adding delicious flavor and health benefits.

According to research by Dr. Jeffrey Blumberg, Ph.D., professor of nutrition at the Antioxidants Research Lab at Tufts University, "The flavonoid content of two eight-ounce cups of tea is comparable to that of one serving of fruits or vegetables."

This doesn't mean you should skip your fruits and vegetables, but tea can be a great way to drink water and get an extra boost of nutrition! In fact, many health-giving benefits are found in all varieties of teas—black, green, white and herb.

- High antioxidant levels in black, green and white tea may offer protection against various cancers, heart disease, stroke, high cholesterol levels, tooth decay, bone density loss, Parkinson's disease, arthritis and joint inflammation.

- Green tea is reported to have fat-burning properties that can aid in weight loss.

- Red (or rooibos) and honeybush teas—naturally caffeine-free teas from South Africa—are high in antioxidants and a source of trace minerals.

- Herb teas offer beneficial properties unique to each plant.

Charlie Baden, Celestial Seasonings Blendmaster, agrees that the simple act of steeping a teabag can transform ordinary water into a healthy, flavorful beverage. "Our teas are crafted to enhance every



**Water plus the disease-fighting antioxidants found in tea can be a winning combination.**

tea drinking moment, with enticing aromas and delicious flavor," explains Mr. Baden. "Tea is not only healthful, it can be energizing, soothing, inspiring—it's a great way to enrich your water consumption."

What about beverages other than tea? Coffee, soda and sports drinks often contain large amounts of sugar, artificial sweeteners or caffeine. And too much caffeine can cause jitters, sleep difficulties, dehydration and can raise blood pressure. With a third to half the caffeine of coffee and many caffeinated sodas, tea may be preferable as a pick-me-up beverage. Or skip the caffeine altogether. Many herb teas are naturally healthful and invigorating without the side effects of caffeine.

So let tea help you get more out of water. With over 70 all natural, unique teas brimming with flavor, Celestial Seasonings offers a great-tasting cup to enhance any moment of the day. To learn more, visit [www.celestialseasonings.com](http://www.celestialseasonings.com).