

Add Tea To Your Diet And Beauty Regime To Discover Its Numerous Benefits

(NAPSA)—Did you know that tea is the second most consumed beverage in the world after water? Not only is it as hydrating as water—and counts towards the recommended eight glasses of daily fluid intake—but research continues to suggest that tea, which naturally contains antioxidants that help the body neutralize free radicals, may be an important contributor to a healthy lifestyle. Tea may also be good for your beauty regime, so you don't have to just drink it to enjoy all of its advantages! Here are a few reasons to make tea your number-one beverage choice:

- Some recent research suggests that black tea may be beneficial to cardiovascular health, perhaps because of its natural antioxidants.¹ With 25 percent more tea than standard tea bags, an 8-ounce cup of Tetley British Blend has more than three times the amount of antioxidants per serving than orange juice.

- For swollen or puffy eyes, place a few cooled, brewed tea bags on the eye area to help bring the swelling down and soothe irritated skin. Cooled, brewed tea bags also help soothe sunburned skin!

- Chamomile tea is not only a natural sleep aid, but if used on lighter-colored hair, will work as a natural dye to refresh color and make it stand out.

- Steep a strong cup of black tea, and use the brewed tea as a final rinse for your hair. The result will be a shiny, soft mane!



A serving of black tea contains powerful antioxidants.

- If you ate too much garlic for lunch and don't have a toothbrush handy, drink a cup of Tetley Pure Peppermint Herbal Tea. It's an easy, calorie-free way to freshen your breath!

- After a long day at work, chamomile or peppermint tea makes a serene and soothing footbath!

- Even your household can get a makeover from green tea bags. After steeping a cup of tea, put the tea bag in a bowl, uncovered, and place it on the top shelf of your refrigerator. Odors will be kept at bay better than with a box of baking soda.

With its high antioxidant content and various beauty applications, it's no wonder that more and more people are including tea as part of their day. For more information on tea and related health and beauty information, visit www.tetleyusa.com.

¹ *Davies, M.J., Judd, J.T., Baer, D.J., Clevidence, B.A., Paul, D.R., Edwards, A.J., Wiseman, S.A., Muesing, R.A., and Chen, S.C. (2003) Black tea consumption reduces total and LDL cholesterol in mildly hypercholesterolemic adults. J Nutr. 133, 3298S-3302S.*