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## Types of Tea and Their Health Benefits (Paperback)

By Angela Jewitt

Whytbank Publishing, United Kingdom, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a tea lover's bible. Whether you love tea or want to know more about it, this handy book is all you need. From the history of tea to the first sip of your chosen brew, everything is covered here. Including over 65 different types of tea with information on health benefits, weight loss, flavours, brewing and even making your own tea bags, you will find the world of tea a very interesting place indeed. Here is a list of the teas included in this book: Almond tea, Apple tea, Assam tea, Barley tea, Blackcurrant tea, Black tea, Blueberry tea, Calendula tea, Catnip tea, Ceylon tea, Chaga tea, Chamomile / Camomile tea, Chrysanthemum tea, Cinnamon tea, Coca tea, Comfrey tea, Corn silk tea, Cranberry tea, Damiana tea, Dandelion tea, Echinacea tea, Fennel tea, Fenugreek tea, Ginger tea, Ginkgo biloba tea, Ginseng tea, Graviola tea, Green tea, Hibiscus tea, Holy basil tea, Honeybush tea, Horsetail tea, Jasmine tea, Kava tea, Lavender tea, Lemon balm tea, Licorice / Liquorice tea, Linden tea, Longjing tea, Masala tea,...



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