



CULTURE OF WELLNESS FEATURE

The Origins and Benefits of Tea

Tea was first discovered in China and has expanded to almost every country! There are theories that tea drinking originated during the Shang dynasty in China as a medicinal drink. It is one of the most popular drinks in the world and has some great health benefits.

In the 17th century, the Dutch brought tea to North America and passed on the tea drinking customs that were common in England. For a while, people in the cities of Boston and Philadelphia were seen as wealthy if they drank tea with silver and porcelain tea sets. As tea became more popular and the government started taxing it; smuggling began to occur between the English colonies and England.



Today, many people drink tea, hot and cold, and there are a variety of teas which promote health benefits and well-being.

Chamomile- This tea has been found to relax the body, relieve anxiety, promote sleep, and relieve digestive problems.

Ginger- Ginger is an herb that can be used as an ingredient in food or used to make a tea. It has been found to soothe the digestive system, relieve nausea, colic, lower fevers, and can reduce symptoms of colds and influenza. Ginger is gentle enough to use with children and the elderly.

Green- Some benefits of drinking great tea are weight loss, reducing risk of cancer, lowering cholesterol and triglycerides, and reduced symptoms associated with rheumatoid arthritis. The majority of the studies done on green tea have shown benefits with drinking two to three cups of green tea per day.

Source: livestrong.com

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