



Extraordinary Tea Recipes. 25 Home-Made Recipes. Full Color (Paperback)

By Daniel Hall

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you drink tea regularly? Do you prefer black tea or green tea? So if you are a tea lover you must know that it contains antioxidants, catechins, and polyphenols, which positively impact your body. There are a lot of variations/classes of tea leaves, but most popular ones are: - Black Tea - Green Tea - Oolong tea - Jasmine tea Tea is a key to good health, happiness, and wisdom. There is plenty of research showing that drinking tea can improve your health. Most of the hot teas are made with some very common ingredients like mint, ginger, clove, cinnamon, and honey etc. These ingredients are natural medicines to cure a headache, body pain, fatigue, cough, and cold. On the other hand, iced tea drinks with lemon, mint combination give an instant boost in energy and repel tiredness. Here is the list of surprising health benefits of drinking tea: Lowered cholesterol Blindness prevention Reduced cortisol levels Anti-inflammatory Increased memory, focus and concentration Anti-allergen Decreased risk of stroke Reduced risk of dementia Improved overall health markers This cookbook consists of 25 homemade tea...



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This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- Lacy Goldner