

We feature quality organic teas from **The Republic of Tea and Gaia Herbs**. There are many fun flavors and healthy options.



Browse the red teas to address a variety of health concerns, such as heart health, sleeplessness and signs of aging. The herbal teas can help with respiratory function, throat pain and digestive trouble. Note as well the different kinds of green tea, including matcha and sencha.

Whole leaf teas give an especially savory experience, and loose tea has the strongest flavors of all.

Have fun and experiment! Many of these teas taste great with honey or poured over a glass of ice on a hot summer day.

*Drinking a daily cup of tea  
will surely starve the  
apothecary.*

*Chinese Proverb*

*Remember the tea kettle—  
it is always up to its neck  
in hot water, yet it still  
sings!*

*Author Unknown*



## **Remedies, LLC**

525 Doctors Court  
Oshkosh, WI 54901  
Phone: 920-230-6020  
Fax: 920-230-6021  
Email: [remedies@ntd.net](mailto:remedies@ntd.net)  
Website: [www.remediesllc.com](http://www.remediesllc.com)

*Remedies* LLC

## **Benefits of Tea**



*We offer a variety of  
delicious and healthy red,  
green, herbal and yerba  
maté organic teas!*

## Soothe Your Stress and Anxiety

*Drink tea regularly to promote a more relaxed lifestyle—days during which you can delight in the fragrant bursts of aroma and lasting flavor of a cup of tea. Taking time to stop and smell the roses, so to speak, reminds us that despite whatever else might be going on, there are still plenty of things to appreciate in life.*



*Tea calms and refreshes the mind.*

*Beyond that, tea can be good for the body as well.*



### *Red Tea*

Also called *rooibos*, red tea comes from an herb indigenous to South Africa. It is full of polyphenols and flavonoids, which protect the body against free radicals that damage the immune system and accelerate the process of aging. Red tea also has a soothing effect on the central nervous system, relieves digestion troubles, promotes healthy skin and has anti-spasmodic properties.

### *Green Tea*

Green tea is full of antioxidants that fight free radicals and enhance natural defenses. It also promotes immunity from many pathogens, benefits oral and cardiovascular health, and may reduce the risk of many chronic health problems and balance total cholesterol, LDL and triglyceride levels. Green tea has a high content of vitamin C as well as several B vitamins, magnesium, potassium and manganese. It has also been linked with the lowering of blood pressure, the prevention of some organ cancers, the elimination of toxins from the liver and weight loss.

### *White Tea*

White tea consists of the silver buds of green tea, steamed and dried. It is the least processed of all teas. In addition to the benefits of green tea, white tea has been shown to have anti-viral, antibacterial and anti-fungal properties.

### *Yerba Maté*

A healthier stimulant than coffee, yerba maté comes from the rainforests of South America. It contains vitamins, minerals, amino acids, polyphenols and antioxidants that help stimulate mental focus and clarity, boost energy, support weight loss, aid gastrointestinal health and fight bad breath.

### *Caffeine conscious?*

As with all the herbal teas we carry, red tea is caffeine-free.

White tea has a low caffeine content of approximately 15-20mg per cup, green tea has 20-30mg per cup, yerba maté contains about 50mg per cup, black tea has 80-120mg per cup, and coffee contains 100-200mg per cup.



### *Taste conscious?*

Red tea is mellow without any of the astringent flavor characteristic of tea.

Yerba Maté has a stronger taste than red tea and an earthy flavor.

Quality green tea will give multiple infusions. There is a Chinese saying that the first cup is most fragrant, the second sweetest and the third strongest.

White tea is the most delicate of all, subtly complex, mild and slightly sweet.