



The holidays are here and a new year is right around the corner. We have lots of great gift ideas on display in the tea shop and are happy to assist you in finding the perfect tea gift. Please be advised that we have adjusted our holiday shop hours and they are posted on the right under **Holiday Hours**.

Since cold and flu season is also upon us, and so are the stresses of the season, I wanted to revisit the versatile Indian herb, tulsi. In this month's **Spotlight on...** section we explore the history and uses of tulsi, along with its potential health benefits in the **Tea & Health** section. Be sure to take advantage of this month's specials in **December's Special Offers**. We continue to strive to bring you the latest information about tea and tisanes each month and we look forward to your comments and suggestions.

Wishing you all the best of the holiday season and a happy, healthy New Year!

Spotlight on... Tulsi

Tulsi is an herb, not a "true" tea, that originates from India. It is also known as Holy Basil, as it is a member of the basil family. It is mentioned in ancient Ayurvedic and Hindu texts and has been revered for thousands of years as "the elixir of life". Considered a sacred plant in which most every household in India has one, it is believed to purify the air, ensure a healthy life, well-being and spiritual purity. The three most common types of tulsi are: green (Rama) tulsi; purple (Krishna) tulsi; and forest-growing green (Vana) tulsi that usually grows wild.

Tulsi is a naturally caffeine-free herbal tisane and is a great alternative for those who are caffeine-sensitive or looking for a beverage to drink in the evening. The infusions are smooth and medium-bodied, with a mild bitterness. Tulsi infusions have notes of clove, mint and basil. Purple tulsi has an additional spicy, peppery note. Flowering tulsi has a fairly dominant note of licorice. Tulsi infusions can be consumed either hot or cold, plain, with a little sugar or honey, and/or milk. It is important to buy organic tulsi because it is a plant that can grow in soil that is contaminated with toxic levels of chromium.

Tulsi has been used in Ayurvedic traditional medicine as a healing herb to restore balance and support the immune system. It is rich in phytonutrients, antioxidants, Vitamins A and C, iron, and zinc. Another main compound found in tulsi is eugenol, which is the source of the clove aroma and its antiseptic and analgesic properties. Tulsi has traditionally been used as an expectorant and remedy for bronchitis, colds and flu, to relieve fever, headaches, digestion and

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Our Tea Shop is Open!

**1217A Montauk Hwy.,
Oakdale**

****Located in Roseland School of Dance, center location - look for teapots & our banner in the window****

Hours of Operation

Monday	3:00-9:00
Tuesday	3:00-9:00
Wednesday	3:00-9:00
Thursday	10:00-8:00
Friday	10:00-6:00
Saturday	9:00-4:00
Sunday	11:00-4:00

Holiday Hours

Monday 12/24 10:00 - 3:00
Closed Tu 12/25 - Th 12/27
Monday 12/31 10:00 - 3:00
Closed Tuesday, 1/1

*****We will be open for normal business hours on Friday 12/28 through Sunday 12/30.*****

To ensure that we have what you are looking for in stock at the shop, please feel free to let us know your order ahead of time. If you would like to pick up specific teas, 4oz. pouches of your favorite tea, or other products, please e-mail kristine@pleasuresoftea.com or call 631-278-5755 at least one day

other stomach disorders, inflammation, heart disease, malaria, and various forms of poisoning. In herbalism, tulsi is classified as both an adaptogen and an immunomodulator. Adaptogens are naturally occurring plants that assist the body to adapt more effectively and efficiently to stress, and tulsi has been shown to be one of the most effective adaptogens. Immuno-modulators help to balance the immune system's response to conditions, whether it be stimulating a weak immune response to combat bacteria, viruses, or allergens, or tempering an overactive immune response.

We offer green (rama) tulsi and purple (krishna) tulsi, a blend of green and purple tulsi, and the following tulsi blends:

- Tulsi Chai
- Tulsi Lemon Myrtle Marigold
- Tulsi Lemongrass Ginger
- Tulsi Mint
- Tulsi Orange Fennel

Please visit the *Decaf Tea & Herbal Tisanes* section of our tea menu on www.pleasuresoftea.com for more information about these tisanes and to make a purchase in our online shop.

Tea & Health: Health Benefits of Tulsi

As mentioned in this month's Spotlight on... section, tulsi has traditionally been used in Ayurvedic medicine for thousands of years and current research may validate the traditional beliefs. Results from these studies have shown that tulsi may: 1) regulate blood glucose and fats levels, along with blood pressure; 2) reduce oxidative damage caused by stress; 3) reduce bacterial and viral infections and their symptoms, including colds, flu, and fevers; 4) alleviate ulcers by reducing acid production and increasing protective mucus secretion; 5) relieve "mental fog", improve attention and memory, and reduce the risk of developing dementia and Alzheimer's Disease; 6) reduce asthma symptoms, allergic rhinitis, and allergies to mold and animal dander; and 7) improve depression and generalized anxiety disorder. Tulsi is considered to be a safe herb; however, it is most effective when not used over extended periods of time and should be consumed in moderation if your blood is slow to clot or if you have hypothyroidism. Also, it is recommended to not consume tulsi before surgery, during pregnancy or nursing, or if trying to get pregnant, due to its anti-fertility effect.



Yours in tea,

Kristine Henderson

The Pleasures of Tea

before stopping by.

You may place your order online:

1. Select "Pickup From Store" as your shipping option.
2. Let us know in the comment section the day you would like to pick up your order.

Are you new to loose tea or just want to try some different teas? Then host your own private tea tasting!

Invite your family and friends for a relaxing, fun and informative afternoon or evening. Select from our menu of over 180 teas and herbal tisanes from around the world. We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for additional information, pricing or to schedule a date.

631-278-5755

kristine@pleasuresoftea.com

[Please click here to learn more about us](#)

Proud Member



Contact Info

631-278-5755

kristine@pleasuresoftea.com

December's Special Offers:

- **Dec12** - save 10% on our selection of 2oz. & 4oz. pouches of **Tulsi and Tulsi Blends**.
- **Ship2012** - free shipping on any order subtotal of \$80 or more.
- Bring this coupon into the tea shop to get a free pouch of tea valued at \$6 with a purchase of \$50 or more - for in-store use only.

Mention one of the above codes when placing your order by phone or input it at checkout in our online shop www.pleasuresoftea.com.

Offer Expires: December 31, 2012

Only one coupon code may be used per order. Not to be combined with any other offers.