



Happy New Year! January is National Hot Tea Month and what better way to get through the cold winter days than with a cup of tea! As an ode to New Year's resolutions, this month's **Spotlight on...** section highlights some of the ways tea can be incorporated into your daily routine in order to help you achieve your new health-related goals. In the **Tea & Health** section we discuss how tea can boost immune support and help you stave off the nasty "bugs" of the season. And be sure to take advantage of this month's specials in **January's Special Offers**. We continue to strive to bring you the latest information about tea each month and we look forward to your comments and suggestions. Thanks for reading!

## Spotlight on... Tea & New Year's Resolutions

It's the beginning of another year and many of us have devised a list of resolutions for eating healthier, exercising more, losing weight, etc., etc.... Sometimes we set unrealistic or unattainable goals and our good intentions fall along the wayside. I see tea as a great way to help us stick with and achieve the health-related goals we set. Here are a few ideas that you can incorporate to help you meet your health goals for the new year.

1. De-stress with a cup of properly prepared tea or tisane. Tea is not meant to be rushed - part of the rejuvenating experience of tea is taking the time to prepare it, which can be a meditative practice.
2. Drink a cup of tea, tisane, low-sodium broth, or warm water with a squeeze of lemon before your meals. The warm liquid will help you feel full and eat less food. Teas and tisanes are the best option because of the additional nutrients that are present.
3. Replace soda (even diet soda), juice and other sugared and artificially sweetened beverages with tea. Tea has few calories when consumed plain and has the added benefit of antioxidants and other healthy nutrients. Just be sure to check the ingredients of your tea - some companies add sugar and other food stabilizers to their teas.
4. Drink teas and tisanes to help you stay hydrated. Sometimes we eat, when in reality we are thirsty. You may eat and snack less if you are properly hydrated.
5. Drink the best quality and grade of tea you can afford. Good quality loose leaf teas contain more antioxidants, theanine, and other nutrients that support overall good health.
6. If you are a coffee drinker - replace some of your coffee with tea. Even though coffee has antioxidants, it is not as gentle on our bodies as tea and can have more negative effects - heart palpitations, jitters, stomach upset.

Wishing you much health and happiness in the new year. If

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## Upcoming Events



\*\*\*Please note that we will be closed 1/12 through 1/26. Orders may be placed in our online shop during this time, but they will be shipped beginning 1/27. Any orders placed by 1/10 will be shipped before we close. We apologize for the inconvenience.\*\*\*

### February 15th - 19th

Craft & Gift Show

@ Smith Haven Mall

Middle Country Rd (Rt 25) &  
Nesconset Hwy (Rt 347),  
Lake Grove

Wed - Sat 10:00 AM - 9:30 PM

Sun 11:00 AM - 6:00 PM

\*Please note that this is a 5-day show.

\*\*\*If you plan to pick up any specific teas/items at the show, please call or e-mail us at least one day ahead and we'll have your order waiting for when you arrive.

Can't make an upcoming show or can't wait to restock?  
Feel free to place an order online or contact us for delivery options.

Are you new to loose tea or just

you have your own tips for incorporating tea into a healthy lifestyle and would like to share them, please feel free to e-mail them to me at [kristine@pleasuresoftea.com](mailto:kristine@pleasuresoftea.com).

### Tea & Health: Tea & Immune Support

Winter is here and so is the cold, dry air that encourages cold and flu viruses to linger. While we cannot completely eliminate our exposure to these and other viruses (other than living in a plastic bubble), we can take measures to bolster our immune system. A study conducted a few years ago at Brigham and Women's Hospital found that consuming a minimum of 20 ounces of tea per day enhances the effectiveness of gamma delta T cells to fight off infection. These cells provide the primary defense against infection and have demonstrated the ability to prevent infection and/or minimize its effects. Studies have shown that ingestion of the amino acid, theanine, boosts the performance of these cells. Blood work confirmed that tea drinkers have a significant increase in antibacterial proteins, which is an indicator of a stronger immune response. Some studies have indicated that the catechin antioxidant EGCG may also play a role in immune support; however, it is unclear if there is a true connection or if the correlation was due mainly to the theanine present in the tea.



*Yours in tea,*

*Kristine Henderson  
The Pleasures of Tea*

**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 170 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**

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**Proud Member**



**Contact Info**

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## January's Special Offers:

- **Jan12** - save 10% on any tea order subtotal of \$30 or more.
- **Ship2012** - free shipping on any order subtotal of \$80 or more.

Please mention one of the above codes when placing your order by phone or input it at checkout in our online shop [www.pleasuresoftea.com](http://www.pleasuresoftea.com).

**Offer Expires: January 31, 2012**

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