

# TPOT Newsletter

TPOT

## The Pleasures of Tea

Bringing together family & friends with a cup of tea

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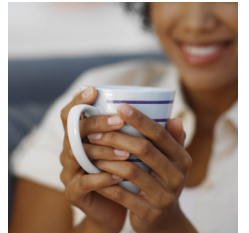


Happy New Year! Hope your holidays were joyful and healthy. January is National Hot Tea Month and hopefully one of your New Year's resolutions is to drink more tea! In this month's **Spotlight on...** we talk about why drinking more tea may be your best New Year's resolution yet. In **Tea & Health**, we explore how drinking tea may help you get through the next few months of the cold and flu season. Do you have a tea question that you need answered? If so, please e-mail it to [customerservice@pleasuresoftea.com](mailto:customerservice@pleasuresoftea.com) and it will be covered in a future newsletter. Looking forward to hearing from you!

Yours in tea...Kristine

### Spotlight on...

This year I will eat healthy, lose weight, exercise...sound familiar? Now is as good a time as ever to begin to fulfill all those healthy New Year's resolutions you've made and why not drink tea to help you stick with your resolutions and achieve your goals? Well, tea won't be able to help you with the exercise one; however, it can be a key tool, along with a balanced diet and regular exercise, to help you achieve a healthier you. And since January is National Hot Tea Month, now is the perfect time to begin drinking more tea—no matter what type it is.



Tea is comprised of many healthy components that the body needs to get and stay healthy and perform at an optimal level. Healthy components include flavonoids, catechins, other antioxidants, amino acids, B vitamins, Vitamin E, polysaccharides, theanine, among others. These components help support the immune system, cardiovascular system, urinary tract, and many other systems of the body. In addition, they may aid in metabolizing carbohydrates and fats, lower blood sugar and blood pressure, slow down the aging process, reduce inflammation, and reduce oxidative processes in the body which lead to disease. Tea is also calorie-free and consumption of warm liquids helps to serve as an appetite suppressant, since they contribute to feeling full.

Tea is not only healthy for the body, but it benefits your mind and soul as well. The simple act of preparing a cup of tea is relaxing and soothing. It forces you to slow down and take a much-needed mental break. In addition, the caffeine in tea has been shown to improve cognitive functioning. And drinking tea will warm you on a cold winter's day.



So why not do something healthy for your body, mind and soul in 2010? Begin by celebrating National Hot Tea Month and relaxing with a few cups of tea each day. Your body, mind and soul will thank you for it. All the best for a healthy New Year!

### Tea & Health

Unfortunately cold and flu season is upon us, but now's the perfect time to increase your consumption of tea. Many of the compounds in tea may help to ward off the "nasty bugs of the season" or help you to deal with the symptoms, if these "bugs" happen to get you. Studies have shown that the naturally occurring theanine in tea may support the immune system and that drinking five cups of black tea daily may improve the body's ability to fight off infection. The flavonoids, a type of antioxidant, in tea may also help boost the immune system. If you happen to catch cold or flu, it's important to keep your body well-hydrated. Drinking tea is a great way to keep yourself hydrated, as well as to sooth a sore throat and thin the mucus that accumulates in your nose and chest.



### TPOT Specials

Please use the following codes to take advantage of special savings this month:

- **January10** - take 15% off all teas in the **Seasonal Teas** category.
- **FreeShip** - get free shipping on order subtotals of \$100 or more.

Coupon codes can be used for orders placed:

- On our website [www.pleasuresoftea.com](http://www.pleasuresoftea.com), input one of the above codes at checkout.
- By phone **631-278-5755**, mention one of the above codes when placing your order.

Coupon codes expire **January 31, 2010**.  
Only one coupon code can be used per order.