

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

July 2009
Volume 2 Issue 7



Wishing you all a happy and safe July 4th weekend! In this month's issue of the TPOT Newsletter we focus on teas and herbal infusions from Korea and potential safety concerns to consider when drinking herbal infusions. Do you have a tea question that you need answered? If so, e-mail it to customerservice@pleasuresoftea.com and it will be covered in a future newsletter. Looking forward to hearing from you!

Yours in tea...Kristine

Spotlight on...

Korea has had a thriving tea culture for a couple thousand years and you may not be aware of the diversity of teas and herbal infusions that are a cornerstone of the Korean way of life; in fact, they are hard to find here in the US. The Korean Tea Ceremony, which has similarities to the Japanese Tea Ceremony and the Chinese Gongfu Tea Ceremony, emphasizes the importance of naturalness, simplicity, moderation, flexibility, and gratitude. Tea is grown only in the southernmost part of South Korea. The majority of the harvested leaves are processed into green tea using a production method that is similar to the one used in the processing of Chinese green tea.



For hundreds of years, the Koreans have also used a variety of herbs, grains, and fermented fruits to supplement their diets and alleviate minor symptoms. These caffeine-free concoctions have been used to aid hydration and digestion, relieve an upset stomach, reduce body temperature, cleanse the body of toxins, among others.

In addition to the existing line of Tea in a Jar Korean herbal tea concentrates (Citron, Ginger, Papaya, and Pomegranate), we are introducing our line of Korean tea and traditional herbal infusions this month.

- ◆ **Korean Green Tea from the Hadong Province** (item #TK06) - sweet and mellow with nutty notes.
- ◆ **Barley Herbal Infusion** (item #TK07) - traditionally used to aid digestion and cleanse the body; neutralizes the acidity caused by eating meat and fatty foods.
- ◆ **Chrysanthemum Herbal Infusion** (item #TK08) - traditionally used for clearing the mind, improving eyesight, alleviating headaches, dizziness, coughs, and low-grade fevers.
- ◆ **Corn Herbal Infusion** (item #TK09) - traditionally used to aid digestion, lower body temperature, reduce swelling and bloating.
- ◆ **Lotus Leaf Herbal Infusion** (item #TK10) - traditionally used to cleanse the body and rid it of toxins, particularly nicotine and alcohol.
- ◆ **Mulberry Leaf Herbal Infusion** (item #TK11) - traditionally used to regulate blood sugar and minimize the risk of diabetes by reducing the amount of sugar entering the bloodstream and increasing levels of insulin.

For additional information on these teas and herbal infusions, please refer to the **Teas/Korean Teas** section of our website www.pleasuresoftea.com.

Tea & Health

We all know that teas and herbal infusions are healthy for us. They contain many of the basic elements that contribute to our good health such as antioxidants, vitamins, minerals, amino acids, etc. We also know that all true teas contain caffeine, something that some of your doctors may advise you to consume in small doses, if at all. Most of us think of herbal infusions as being a safe beverage with no negative side effects; after all they contain all the good stuff and no caffeine. But just how safe are herbals? Generally they are regarded as safe; however, it is important to consider that herbals may interact with any medications (prescription or over the counter) you may be taking and some of them may cause allergic reactions in those people who may be sensitive to them. In addition, it is recommended that pregnant women refrain from drinking certain herbals, chamomile among them. It is always a good idea to discuss any potential interactions with your doctor to minimize any safety concerns.



TPOT Specials

Continue to enjoy store-wide savings this summer with our First Annual Summer Sale! As a TPOT Newsletter subscriber, enjoy additional savings by using the following codes:

- **July09** to take 5% off your order subtotal of \$50 or more.
- **FreeShip** to get free shipping on order subtotals of \$85 or more.

Coupon codes can be used for orders placed:

- On our website 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 **July 31, 2009**.

Only one coupon code can be used per order.