

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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In this issue of the TPOT Newsletter, we focus on Rooibos, Honeybush, and tea's effect on cholesterol. There are new specials this month...so be sure to check them out. A new section has been added to the website for past newsletters, in case you missed any. Please feel free to e-mail any topics you would like included in future newsletters or submit short articles on tea that you would like to share with other newsletter subscribers.

Yours in tea...Kristine

Spotlight on...

If you haven't yet discovered Rooibos (pronounced 'ROY-boss') and Honeybush, then there is no better time than now! Rooibos (AKA Red Tea, Red Bush, and Rooitea) and Honeybush come from the leaves of plants that are indigenous to South Africa. They are not true teas, but are delicious herbal infusions that contain many of the healthful components of tea and they are naturally caffeine-free. They are loaded with antioxidants and essential minerals and contain natural calorie-free sweeteners that are ideal for those who are watching their weight. Drink them plain, or add a touch of lemon, honey, or milk. They are versatile and can be drunk hot or iced, mixed into cocktails or recipes, adding both color and flavor. They are relaxing beverages that have been shown in studies to relieve allergy symptoms, stomach and digestive discomfort, and cramps.



The Pleasures of Tea offers a selection of Rooibos and Honeybush that is sure to suit every palate:

- ◆ **Pure Rooibos** (item #TR01)
- ◆ **Rooibos Chai** (item #TR02)
- ◆ **Rooibos Lemon Chiffon** (item #TR03)
- ◆ **Rooibos Madagascar Vanilla** (item #TR04)
- ◆ **Rooibos White Chocolate Toffee** (item #TR05)
- ◆ **Pleasures' Rooibos Dessert Blend** (item #TR06)
- ◆ **Pleasures' Tranquility Rooibos Blend** (item #TR07)
- ◆ **Rooibos Apricot Cinnamon** (item #TR08)
- ◆ **Green Rooibos Key Largo** (item #TR20)
- ◆ **Pure Honeybush** (item #TR25)
- ◆ **Pleasures' Honeybush Blend** (item #TR26)

Rooibos & Honeybush Tips

- * Pure Rooibos, Pure Honeybush, and fruit-flavored varieties make especially nice caffeine-free iced "teas".
- * Make sure to use a mesh infuser or paper tea filters with rooibos and honeybush, as the leaves are very fine and may slip through the holes of other infusers. However, it is ok to drink the leaves if any get into your "tea".
- * Visit www.pleasuresoftea.com to view details on our Rooibos and Honeybush "teas" or to place an order.

Tea & Health



Tea may reduce cholesterol levels when combined with a diet that is moderately low in fat and cholesterol. According to recent studies, tea reduced total and LDL (bad) cholesterol levels by as much as 6% and 10%, respectively. These benefits were a result of study participants drinking four 6 oz. cups of black tea daily, but studies on green tea have shown similar results. Studies have not yet been done on oolong and white teas, but they most likely have the same cholesterol-lowering benefits as black and green teas. These lower cholesterol levels may, in turn, reduce the risk of coronary heart disease, which is a leading cause of death among women.

Bottoms up!

TPOT Specials



- ◆ 5% discount on our entire category of Rooibos & Honeybush. Coupon code **MAY0801**.
- ◆ 10% discount on any order of \$50 or more. Coupon code **MAY0802**.

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 order.

Coupon codes expire **May 31, 2008**. Only one coupon code can be used per order.