

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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In this month's **Spotlight on...** section we share a few of the more common myths and legends surrounding the discovery of tea. In **Tea & Health**, we explore new findings resulting from research on whether drinking tea may aid diabetics in reducing blood sugar. Do you have a tea question that you need answered? If so, please 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...

It is believed that tea was discovered more than 4,700 years ago in China. Legends abound about its discovery and subsequent cultivation, and typical of Asian myths and legends, they are imaginative, intriguing, and adept at capturing the attention of those hearing or reading them. One of the more popular legends comes from China and it attributes the discovery of tea to Emperor Shen Nong. Shen Nong was the Second Divine Emperor who lived before the time of written records and he is credited with the origination of traditional Chinese herbal medicine and is the Father of Chinese agriculture. It is said that one day some tea leaves fell into his pot of boiling water, creating an infusion that he found to be rather pleasant, refreshing and stimulating, but slightly bitter. The drinking of tea was born!



Emperor Shen Nong

Another popular legend tells of the travels to the Shaolin temple in the Henan province in China of Prince Bodhidharma, an Indian prince who grew up near Madras, India. It was here that he vowed to sit in meditation staring at a wall for nine years, forsaking sleep and all other activities. Unfortunately, Bodhidharma was human and he found himself dozing off after five years. According to the Indian version of this legend, Bodhidharma felt drowsy during his meditation and pulled some leaves off of a nearby bush, which happened to be a tea plant. He chewed on the leaves, which were both stimulating and soothing, and was able to complete his mission without falling asleep.



Prince Bodhidharma

The more fanciful Japanese version of the Bodhidharma legend begins in the same manner, but it continues by telling us that Bodhidharma actually did fall asleep after five years. After waking up, he was disgusted with himself for falling asleep and he tore off his eyelids to ensure that he would never fall asleep again during meditation. He threw his eyelids to the ground and a tea plant grew in the spot where the eyelids landed. He plucked the tea leaves from the plant, which incidentally are shaped like eyelids, and made himself an infusion that would allow him to remain awake and focused during the remainder of his meditation. Bodhidharma is known as the father of Zen Buddhism and it is to this day that tea is an integral part of the practice of meditation associated with Zen Buddhism and all pictures of Bodhidharma show him without eyelids.

Tea & Health

It is well established that Type II Diabetes is on the rise here in the US, but a natural solution may be at hand. Findings from a recent study published in the *Journal of Food Science* show promise that drinking black tea may aid in controlling diabetes. The scientists who conducted the study found that the polysaccharides in black tea had significant glucose-inhibiting properties. These polysaccharides assist in reducing blood sugar levels because they inhibit alpha-glucosidase, an enzyme that turns starch into glucose. It was determined that the black tea polysaccharides have higher glucose-inhibiting properties than either of those in green, oolong, or white teas. Research continues on how the affect of black tea polysaccharides can specifically reduce the incidence of diabetes or help control the disease in those who already suffer from it.



TPOT Specials

Summer's almost over and it's time to start thinking about your holiday shopping. As a TPOT Newsletter subscriber, please use the following codes to enjoy storewide savings on products or shipping:

- **September09** - take 10% off your order subtotal of \$50 or more.
- **FreeShip** - 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.

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Only one coupon code can be used per order.