



The Healing Power of Tea: Simple Teas & Tisanes to Remedy and Rejuvenate Your Health

Caroline Dow

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Improve Your Health & Wellness with the Power of Tea

Filled with “tea-riffic” knowledge, this comprehensive guide to the healing world of teas and tisanes helps you live a healthier and happier life. From black to green to oolong, you’ll discover detailed chapters on different tea types, their advantages, and an extensive list of ailments and what blends will alleviate them.

Whether you’re an expert tea drinker or a new convert, author Caroline Dow teaches you the many delicious benefits of tea and herbal infusions. Discover tea’s fascinating history, recipes, and an easy-to-use reference guide. Learn about blending, preparation and consumption, and how to grow your own herb garden. With both healing and preventative uses, tea is an ideal choice for healthy living.

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People live in this new moment of lifestyle always try and must have the spare time or they will get large amount of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, often the book you have read is usually The Healing Power of Tea: Simple Teas & Tisanes to Remedy and Rejuvenate Your Health.

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