

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



TEA TIME



The Legend of Tea

Over 5,000 years ago in China, legend has it that Shen Nun, an early emperor and creative scientist, required all drinking water to be boiled as a hygienic precaution. One day while visiting a distant region, he and his court stopped to rest, while the servants began boiling water for the court to drink. Dried leaves from a nearby bush fell into the water and a brown liquid was infused into the water. The Emperor was interested in this new liquid and after drinking some, found it very refreshing. And so, according to legend, tea was created.

Fun Fact: Annual tea sales in the United States have jumped from nearly \$2 billion in 1990 to \$5.5 billion last year.



Tea for Beginners

- All hues of true tea come from the same plant, *Camellia sinensis* (exceptions include herbal teas like chamomile and red, which are not made from actual tea leaves).
- The color of a tea depends on the processing method and how much oxidation it undergoes during production.
- The less oxidized a tea, the lighter colored it is and the more polyphenols and other antioxidants it may contain.
- Loose leaf tea stays fresh longer and is of higher quality than tea bags.

Fun Fact: A single pound of tea will yield about 180 cups of the brewed beverage.



Five Major Types of Tea and Their Health Benefits:

1. Pu-erh (*poor-air*)
 - Dark red tea with a bold flavor; the most oxidized form of tea.
 - Pu-erh may help reduce cholesterol and improve digestion.
2. Black
 - Amber-colored tea that makes up 90% of tea consumed in the United States; flavor ranges from nutty to spicy to flowery.
 - Well known varieties include Darjeeling and Earl Grey.
 - Black tea may help lower the risk of heart disease, fight colon cancer and inhibit the bacteria that cause cavities and bad breath.
3. Oolong
 - Intermediate between black and green tea in antioxidant level, flavor and color, with a floral or fruity aroma.
 - Three cups of oolong tea a day has been shown to relieve the itchy skin of atopic dermatitis.
4. Green
 - May taste “like hay” to newcomers, but that is due to consumption of low quality brands.
 - Rich in EGCG, which is a polyphenol that may help prevent different types of cancer, lower cholesterol, fight inflammation, boost immunity and relieve sunburn when applied topically.
5. White
 - Rare and expensive tea with a very delicate flavor.
 - White tea may contain more antioxidants, specifically a group called catechins, than other tea because it is the least processed.
 - Preliminary research suggests that it can inhibit DNA mutations (an early step in cancer formation), reduce the number of precancerous colon lesions in laboratory studies and kill bacteria that can cause pneumonia and cavities.

Fun Fact: Commercial tea decaffeination also eliminates about 70% of the healthful polyphenols. Decaffeinate your own tea by steeping it in hot water for 30 seconds, discarding the caffeine saturated water, and then adding fresh hot water to the now 80% decaffeinated tea leaves.



Brew the Perfect Cup

1. Heat water to a boil (green and white teas require hot, but not quite boiling water)
2. Pour water over tea leaves (loose or in a tea ball or strainer) and steep long enough to develop color and flavor, but not so long that the taste becomes bitter.

3. Add milk, honey, lemon, etc. to taste; you should be able to reuse good quality tea leaves several times.

Wellness Resources

This information is a summary from the following resources:

Self Healing, March 2005

Health, November 2005

Stash, www.stashtea.com

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