



HEALTHY TEAS

FIFTY SHADES OF TEA?

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Healthy Teas

WELCOME TO YOUR FREE
HEALTHY TEA GUIDE

One of the best features about tea is the variety there is to choose from. Seriously, there is a type of tea suitable for any taste. Moreover, it's also outstanding all the health benefits you can get from drinking tea regularly.

It is really difficult to be familiar with all the types of teas or their myriad medicinal qualities, since there is more than 3000 varieties. Therefore this is a guide to help you. We hope you find this helpful; whether you already know your teas, or if you're finding out about the world of tea for the first time.

All types of tea come from the *Camellia Sinensis* plant that is a shrub native to China and India. This includes White, Green, Oolong, Black and Pu-erh teas. Teas made from other plants (herbal teas, African rooibos tea etc.) are not true teas but should be considered more as a tisane - or any beverage made from the infusion or decoction of herbs, spices, or other plant material in hot water, usually for medicinal purposes.

This guide will cover the true teas as well as a few of the "pseudo-teas".



White Teas

Silver Needle

The finest white tea, made only of silvery white buds. Beautiful to behold and delightful to drink. It is the most famous white tea, with a delicate, light and slightly sweet flavour.

Benefits:

1. Contains antioxidants
2. Helps regulate blood glucose
3. Helps metabolise fat
4. Helps improve eyesight

White Peony

The flavour is fruity; stronger than Silver Needle. The finest quality should have a shimmering clear infusion with a delicate lingering fragrance and a fresh, mellow, sweet taste devoid of astringency and grassy flavours.

Benefits:

1. Immune system boost
2. Contains antioxidants
3. Stimulates your metabolism - a faster metabolism helps you to process food faster and get rid of unwanted fats and waste from your body.

Long Life Eyebrow

Long Life Eyebrow tea has a stronger flavour than its other white tea cousins and its flavour is often compared to a light Oolong tea. Noble, Long Life Eyebrow is grown in the Fujian and Guangxi provinces.

Benefits:

1. Helps prevent the onset of cardiovascular diseases
2. Helps to neutralise cold germs
3. Improves brain activity
4. Relieves stomach acidity and facilitates digestion

Fujian New Craft

Traditional white teas are only oxidised to 5%, whereas new craft takes oxidation above 30%. The

resulting leaves take on a beautiful mottle of green and autumnal reds and oranges, and the brewed liquor is decidedly more golden than the muted beige of traditional white tea. The taste is sweet without being cloying, and distinct without sacrificing roundness.

Benefits:

1. Healthy and youthful skin
2. Oral health
3. Cancer prevention
4. Antibacterial properties

Tribute Eyebrow

Consists of young leaves and no buds. It has a dark and full taste and is often served with Dim Sum. The name 'eyebrow' comes from the curved shape of the leaves used.

Benefits:

1. Improves skin complexion and fights the effects of ageing
2. Highest level of vitamins and minerals
3. Helps metabolise fat



Green Teas

Gyokuro

It's made from the first flush leaves and tends to have a greener colour than most other forms of green tea with a sweet, slightly vegetative flavour. It's considered to be Japan's best green tea, and some types of gyokuro may sell for as much as a thousand dollars a pound, although it can be found at more reasonable prices.

Benefits:

1. It has potent antioxidants that destroy free radicals that may damage DNA
2. Free radicals contribute to ageing and numerous health problems such as heart disease and cancer
3. Practitioners of traditional Asian medicine use gyokuro to treat many ailments, including heart problems, diabetes and digestive disorders.

Matcha

When you order a traditional green tea, components from the leaves get infused into the hot water, then the leaves are discarded. When drinking Matcha, you're actually drinking the leaves, which have been finely powdered and made into a solution.

Benefits:

1. It is a more potent source of nutrients than steeped green tea
2. Provides vitamins and minerals
3. Rich in antioxidants
4. Increased blood sugar regulation and blood pressure reduction

Sencha

Sencha tea is made from smaller, more delicate leaves than those used for the lower priced Bancha, which gives it a more refined flavour. This tea has a natural sweetness which is bought out by steeping it at a slightly lower temperature of around 160°C.

Benefits:

1. Boosts energy without a crash
2. Skin saver
3. Metabolism booster

4. Disease fighting antioxidants abundant, helps kill oral bacteria that cause tooth decay.

Bancha

Bancha tea has a slightly stronger, more astringent taste than most higher-end green teas. It's one of the least expensive green teas and is the most common one consumed in Japan. It also has one of the lowest caffeine contents.

Benefits:

1. Helps control common oral infections
2. Improves mental alertness
3. Protects skin from sun damage

Gunpowder tea comes from China and comes in the form of small pellets that open up when placed in hot water. It has a slightly smokey flavour that people enjoy.

Benefits:

1. Stronger immune system
2. A healthier heart
3. Healthier teeth



Chun Mee

It has a dusty appearance and is generally more acidic and less sweet than other green teas. It was originally produced only in the Chinese Jiangxi province, but is nowadays also grown elsewhere.

Benefits:

1. Helps prevent Esophageal cancer
 2. Anti-viral and anti-bacterial
 3. Skincare
 4. Helps prevent tooth decay
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Pouchong

Pouchong (Baozhong) is a very lightly oxidised tea, somewhere between Green tea and Oolong tea, though often classified with the latter due to its lack of the sharper green tea flavours. Pouchong offers both mineral and floral notes and has a rich, melony taste.

Benefits:

1. Helps strengthen the immune system
2. Helps strengthen bones
3. Helps in the overall efforts to fight diabetes
4. Lowers the risk of cancer and the development of tumours

Black Teas

Benefits:

1. Artery health
2. Cancer prevention
3. Dental health benefits
4. Kidney stone prevention

English Breakfast

A black tea blend is usually described as full-bodied, robust, and/or rich, and blended to go well with milk and sugar, in a style traditionally associated with English breakfast. The blend is now popular as an everyday, everyman drink in England for any time of day, popular in both homes and offices. Nicknamed builder's tea.

Bai Lin Gong Fu

Bai Lin Gong Fu is an outstanding soft black tea from Fudan, Fujian province. It is made from the big white tea varietal, which accounts for the leaves' fine orange-yellow hairs. Bai Lin Gong Fu produces a bright, reddish liquor with rich flavours of caramel and cream.

Benefits:

1. Eliminates laziness and refreshes
2. Reduces the ageing effect
3. Helps reduce the threat of certain cancers
4. Makes your heart stronger

Earl Grey

Earl Grey is one of the most recognised flavoured teas in the world. This quintessentially British tea is typically a black tea base flavoured with oil from the rind of bergamot orange, a citrus fruit with the appearance and flavour somewhere between an orange and a lemon with a little grapefruit and lime thrown in.

Benefits:

1. Contains high levels of catechin, to help fight oral infections
2. Aids in the digestive process
3. Has a calming effect on people
4. Helps prevent cancer

Assam

Bold black tea from the Assam region of India. Assam tea is known for a deep, burgundy cup and pungent flavour. Rich aroma, more sweet starchy than malty, like roasted plantains.

Benefits:

1. Decreases the risk of heart attacks and strokes
2. Improves blood circulation
3. Enhances the immune system and lessen the risk for cell damage which in turn may lead to cancer
4. Relieves tension in nerves, as well as helping to decrease the risk of Alzheimer disease





Darjeeling

It is a Chinese tea that grows in India with flavours of French grapes and Himalayan mountain air. It can taste more like wine than other teas. Darjeeling is frequently called the "Champagne of teas," with musky-sweet tasting notes similar to muscat wine. But it can also have delicate vegetal, mossy, fruity and citrus flavours.

Benefits:

1. Cancer prevention
2. Dental health
3. Obesity prevention
4. Gastric ulcer prevention

Yunnan Black

Yunnan tea has a caramel fragrance and a rich, sweet, robust flavour with a hint of plum. It is renowned for its golden liquor, mellow taste and perfume-like aroma. It is a relatively new tea, only around 100 years old.

Benefits:

1. Reduced cholesterol
2. Weight loss aid
3. Nausea fighter
4. Stimulates metabolism

Sugarcane Black

This black tea is wilted and then fired briefly in Yunnan red cane sugar. Just a small amount of sugar is used in the firing process. It is mixed with water and added to the wilted tea leaves during the frying stage of processing, giving the brewed tea a pleasingly balanced sweetness.

Benefits:

1. Decreased chance of diabetes
2. Helps wound healing
3. Helps fight off the common cold and flu
4. Helps fight eye problems such as cataract, conjunctivitis, eye-strain and flawed vision
5. Beneficial for kidney stone patients

Keemun

For a black tea, it is relatively light with both a fruity and a slightly smokey aroma. It has a mild, almost malty flavour, very reminiscent to that of unsweetened cocoa. Some varieties of Keemun even have a smell similar to orchids and somewhat floral flavour notes. It is very smooth and mellow, low in tannins and thus not very bitter at all, compared to some of the other black teas.

Benefits:

1. Helps prevent diabetes
2. Acts as a fat burner
3. Aids in the weight loss process along with exercise
4. Helps to fight certain cancers, such as lung, skin, prostate and stomach cancer. It is even good for preventing ovarian cancer in women
5. Improves digestion when consumed after a meal

Yellow Teas

Meng Ding Hu

This rare yellow tea from Sichun province has been a tribute tea for centuries. It is mostly made from tea buds picked during the early spring to create a nutritious tea with a lightly sweet mild flavour.

Huo Shan

This rare and delicious yellow tea is processed as a green tea but is very lightly oxidised to create a sweeter, more softer, more rounded taste. It's extremely refreshing, with hints of nuts and green bean.

Benefits:

1. Protects the liver from the damaging effects of toxic substances such as alcohol
 2. Helps to regulate glucose in the body
 3. Helps to reduce inflammation associated with Crohn's disease and ulcerative colitis
 4. Substances such as polyphenols may play an important role in the prevention of cancer
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Jing Tea Pre-Rain Jun Shan Silver Needle

It comes from Jun Shan Island on Dong Ting Lake located in Hunan Province and is a very rare tea, as it's production is limited to a once-a-year harvest exactly in March, right before Qing Ming festival. Jing's Jun Shan consists of characteristic thick and leggy buds of yellow-greenish colour.



Oolong Teas

Iron Buddah

With a lovely balance of fruit and floral flavours, Iron Buddah is the best known and most popular Oolong tea in China. It is lightly roasted, making it a perfect introduction to this category of tea, with a rich and fruity aroma that develops through multiple infusions.

Big Red Robe

This high grade tea is handmade

from tender leaves, withered, tumbled, curled and baked in small batches over charcoal to create an aromatic infusion with distinctive dark cocoa notes, a toasted, fruity flavour and a long smooth aftertaste.

Mi Lan Dan Cong

Dan Cong is the champagne of Oolong tea - ripe with intense fruit and sweetness. The first time people taste this tea they are astonished by the arresting honey and floral notes - all natural.

Ali Shan

It is lovingly nurtured by a skilled tea maker who uses only the best leaves processed in the old-

fashioned way to ensure a smooth, buttery Oolong tea. The tea's clean, almost creamy taste make it refreshing and satisfying.

Benefits:

1. Improves skin condition
2. Helps you have energy for longer, it doesn't shock your system with caffeine, which forces it to crash
3. Promotes healthy bone density even in later life
4. Some of the polyphenols of the tea block the enzymes that would usually cause a build up of fat in the body
5. Supports a healthy digestive system
6. Prolongs and improves life span
7. Benefits for lowering blood sugar levels
8. Helps in relieving physical and mental stress.



Various Teas

Lemongrass

Lemongrass, also called fever grass, is a perennial plant with thin, long leaves that is indigenous to many Asian countries. As the name implies, lemongrass smells like lemon, but it tastes milder and sweeter. This herb is used in various Asian cuisines as a flavouring agent due to its potent flavour.

Benefits:

1. Keeps skin healthy
2. Reduces body odour
3. Fights depression
4. Reduces arthritis pain
5. Fights cancer
6. Heals colds and flu
7. Cleanses and detoxes
8. Controls cholesterol levels
9. Helps digestion

Chamomile

The fragrance of the fresh and especially dried whole flowers is surprisingly like a crisp apple, and the flavour carries the same taste. Chamomile herbal tea is grounded and earthy with hints of apple and floral sweetness. It has a light, airy, and really palatable taste.

Benefits:

1. Reduces our stress
2. Helps prevent stomach problems such as menstrual cramps, ulcers
3. Secures peaceful sleep and reduces the problems of insomnia
4. Helps with skin conditions such as eczema and chickenpox

Rose Hip

A rose hip is the fruit of a rose. Once the flower has bloomed, and all the petals have fallen off, the hip is picked and used in a variety of preparations. Rose hips are edible and sometimes used in jams, jellies and syrups for their sweet, tangy flavour.

Benefits:

1. The fruit acids and pectin in rose hip tea is a mild diuretic and laxative
2. It is used to improve, and relieve symptoms of kidney disorders
3. It has the ability to help regenerate new skin cells
4. Treatment of rheumatoid arthritis

Lavender

The dried purple, white and pink coloured leaves are used in many ways. It is a fragrant aromatic and relaxing herb that can be used in baking, gourmet cooking, tea making, tinctures and much more.

Benefits:

1. It helps to reduce respiratory issues, cough, asthma, bronchitis and body temperature
2. It is used for treating fever
3. It helps to heal ulcers, sores, cuts and wounds

Various Teas

Echinacea

Echinacea is a herb. Several species of the echinacea plant are used to make medicine from its leaves, flower and root. It is widely used to make fresh aromatic teas.

Benefits:

1. Reduces cold symptoms
2. Gives your immune system a boost
3. Treats infection
4. Natural sedative



Lemon Ginger

The pleasant, citrus scent of lemon combined with the pepper-spice scent of ginger provides a relaxing opportunity to pamper your senses and recharge your spirit. It has a strong aroma, spicy and refreshing taste.

Benefits:

1. Effective weapon against bacterial infections
2. Brings instant relief from nausea and indigestion
3. Perfects skin and great hair
4. Lowers the effect of diabetes

Rooibos

It is a broom-like member of the legume family of plants growing in South Africa's fynbos. The leaves are used to make a herbal tea called rooibos or bush tea (especially in Southern Africa) or sometimes redbush tea (especially in the UK).

Benefits:

1. It is recommended by doctors for patients suffering from insomnia because it's completely caffeine-free
2. Relieves stress, nervous tension and hypertensive conditions
3. Assists in maintaining good bone structure and stronger teeth
4. Useful for small children who suffer from colic or stomach pains

Spearmint

If you find peppermint a bit too cool sometimes, spearmint is definitely for you. This herb has a rounded, slightly smoother and more grounded taste than peppermint, with warming and cooling notes. Very gentle to the palate, and naturally caffeine free.

Benefits:

1. Anti-emetic herb, which means it works to lessen or alleviate nausea

- and vomiting
2. For women, it can increase the level of female hormones
3. Has an antibacterial effect
4. Helps to decrease lung inflammation and oxidation

Yerba Mate

Yerba mate is a tea-like beverage made from the leaves and tender stems of a powerful rainforest tree, discovered centuries ago by the indigenous people in South America. It has a rich and robust mate flavour, toasty aroma and a balanced finish.

Benefits:

1. Provides a smooth increase in energy
2. Boosts mental function of all kinds
3. Boosts the immune system
4. Helps you to lose weight



Various Teas

Lemon Balm

Lemon balm is a perennial herb from the mint family. The leaves, which have a mild lemon aroma, are used to make medicine. Lemon balm is used alone or part of various multi-herb combination products.

Benefits:

1. It is effective to reduce stress and calm nerves

2. Increases the capacity of our memory and refreshes our mind
3. It helps to control thyroid problems and lowers insomnia and anxiety
4. It lowers the problems of stomach, digestive system and flatulence

Hibiscus Flower

It is made from dried hibiscus flowers. Hibiscus tea is ruby red in colour and has a sour taste. Therefore, it is also known as sour tea and has a flavour similar to cranberry.

Benefits:

1. Blood pressure management
2. Lowering cholesterol

3. Protects your liver
4. Helps relieve muscle pain
5. Anti-inflammatory and antibacterial properties

Milk Thistle

Milk thistle (Silymarin) is a flowering herb relating to the daisy and ragweed family. It is native to mediterranean countries. The seeds and leaves of the milk thistle plant can be consumed either in pill, powder, tincture, extract or tea form.

Benefits:

1. Liver detoxification and health
2. Helps protect against cancer

Various Teas

Dandelion

It is also called Dandelion 'coffee'. It is a herbal tea often used as a coffee substitute, made from the root of the dandelion plant. The roasted dandelion pieces and the beverage have some resemblance to coffee in appearance and taste.

Benefits:

1. It is one of the most effective herbs for getting the bloat out and helping relieve water retention
2. Works great to purify the blood and cleanse the system
3. Enhances detoxification by stimulating urination and, in addition, by replacing the potassium lost in that process
4. Improves the function of and maintains optimum liver, kidney, pancreas, spleen, stomach and gall bladder functions

Hawthorn

Hawthorn, also known as may flower, is a dense, thorny bush related to the rose family. The active compounds are delivered from the leaves, flowers and fruits, which have an unpleasant odour and a slightly bitter taste.

Zinger

Red zinger tea gets its colour from the hibiscus flowers used to prepare the blend. The tea also contains small amounts of rose hips, peppermint, lemongrass, orange peel, lemon verbena, licorice and wild cherry bark. Each of these ingredients contributes to the zinger taste of the tea.



Benefits:

1. Reduces blood pressure
2. Lowers the risk of heart disease
3. Reduces symptoms of rheumatoid arthritis

Sorrel

Sorrel is a perennial herb that is used all around the world. Although it is primarily grown for use in food due to its sharp, tangy taste. It also has a vast array of health benefits associated with it.

Benefits:

1. Diuretic function
2. Stimulates the production of bile
3. Relieves coughs
4. Stimulates intestinal peristalsis
5. Helps to build and maintain strong bones

Peppermint

Peppermint tea is an infusion made from peppermint leaves that is drunk as a tea. When you mix spearmint leaves, then you get what's called double-mint tea.

Benefits:

1. Stress relief
2. Sinus relief
3. Weight loss
4. Skin-clearing
5. Stomach problems

Lapsang Souchong

It is sometimes referred to as smoked tea. Lapsang is distinct from all other types of tea because lapsang leaves are traditionally smoke-dried over pinewood fires, taking on a distinctive smokey flavour.

Benefits:

1. Reduces chance of getting cancer
2. Reduces the risk of developing cardiovascular diseases
3. Lowers the cholesterol in your blood and helps the blood flow better in your veins
4. Protects you from viruses that lead to colds
5. Helps burn fat faster and, therefore, helps you lose weight

Various Teas

Ceylong

Ceylon tea is a particularly prized form of black tea from Sri Lanka. It has a golden colour and rich, intense flavour which many tea consumers greatly appreciate, and it's used straight as well as in tea blends. Sri Lanka is one of the largest tea producers in the world.

Benefits:

1. Reactivates dying skin cells to multiply and rejuvenate the skin
2. Increases your body's metabolism enough to help reduce weight over time
3. Helps your body fight free radicals
4. Provides your immune system with a boost, lowering stress and improving your bodies ability to recover from stress and illness.

Yunnan Gold Peals

These attractively gold-flecked, marble-sized black tea pearls have been hand-rolled from high-grade Yunnan Gold leaf tea into perfectly compressed spheres. They make a deliciously smooth, medium-boiled brew.

Benefits:

1. Reduced cholesterol
2. Weigh loss aid
3. Nausea fighter
4. Stimulates metabolism

Pu Erh

It is a variety of fermented and aged dark tea produced in Yunnan,

China. Fermentation in the context of tea production involves microbial fermentation and oxidation of the tea leaves, after they have been dried and rolled.

Saffron

Saffron is the most expensive spice on Earth. Fresh saffron has a distinctive earthy smell and flavour and imparts a bright orange color to food. Saffron is often used in paellas, sometimes risottos and makes a beautiful and healthful tea.

Benefits:

1. Natural antidepressant
2. Lighten your mood
3. Anti-carcinogenic properties
4. Antioxidant properties

Sugarcane Black

This black tea is wilted and then fired briefly in Yunnan red cane sugar. Just a small amount of sugar is used in the firing process, it is mixed with water and added to the wilted tea leaves during the frying stage of the process, giving the brewed tea a pleasingly balanced sweetness.

Benefits:

1. Decreased chance of diabetes
2. Wound healing
3. Fight off the common cold
4. Fight eye problems such as cataract and conjunctivitis
5. Beneficial for kidney stone patients