

Herbal Teas for Lifelong Health; Kathleen L. Brown, Jeanine Pollak; Storey Publishing, LLC, 1999; 9781580172677; 1999; 32 pages

Although health benefits have been assumed throughout the history of using *Camellia sinensis* as a common beverage, there is no high-quality evidence that tea confers significant benefits. In clinical research over the early 21st century, tea has been studied extensively for its potential to lower the risk of human diseases, but none of this research is conclusive as of 2017. Benefits of Drinking Herbal Teas. Drinking herbal tea is highly recommended for people who want to naturally improve their health while enjoying a delicious and refreshing brew. Unlike coffee and standard tea (black, white, green, etc.), most herbal teas do not include caffeine. Most herbal teas offer some variety of antioxidants, vitamins, minerals, and other nutrients, but the specifics depend on the particular herbs and plants that you choose. View All Aviva Romm Tracy Romm books about healing teas Carleen Madigan Chai Clare Walker Leslie Deborah Peterson Diana Rosen Dorie Byers Healing Powers of Tea Book Herb Tea Recipes Herbal Tea Books herbs for tea Immune Support Teas Jeanine Pollak Joyce A. Wardwell Kathleen Brown Rosemary Gladstar Stephanie Tourles Stephen Harrod Buhner Tammy Hartung Tea Books Tea Books New Tea Remedies Victoria. Zak. How to Make and Use Herbal Remedies for Lifelong Vitality Rosemary Gladstar It's not just View full product details at'. Homegrown Herbs Out of Stock - \$18.95. Herbal Teas for Lifelong Health by Kathleen Brown Storey's Country Wisdom Bulletins feature 32 pages View full product details at'. Herbal Remedy Gardens \$12.00. Herbal Teas for Lifelo by Kathleen Brown. Other editions. Want to Read savingâ€¦ Error rating book. Refresh and try again. Rate this book. Clear rating. 1 of 5 stars 2 of 5 stars 3 of 5 stars 4 of 5 stars 5 of 5 stars. See a Problem? Weâ€™d love your help. Let us know whatâ€™s wrong with this preview of Herbal Teas for Lifelong Health by Kathleen Brown. Problem: Itâ€™s the wrong book Itâ€™s the wrong edition Other. Details (if other): Cancel. Thanks for telling us about the problem. Return to Book Page. Not the book youâ€™re looking for? Preview â€” Herbal Teas for Lifelong Health by Kathleen Brown. Herbal Teas for Lifelong Health: Storey Country Wisdom Bulletin A-220 (Storey Country Wisdom Bulletin, a-220). by Kathleen Brown