

# THE POSITIV-TEA GUIDE



Keep calm and drink tea.

# DRINK TEA

Tea leaves, including white, green, yellow, oolong, black, and pu-erh are all loaded with many great health benefits.

Here are just some of the them:



**Antioxidants:** Tea leaves are loaded with antioxidants, which protect our bodies against the harmful effects of free radicals. White tea is the least processed so has the most antioxidants.



**Heart health:** There are many studies that have show tea's positive effects on heart health. Reduce risk of heart attacks and strokes, and lower cholesterol especially with green tea.



**Protect your pearly whites:** While black tea may stain your teeth, studies have shown that tea may actually help prevent cavities and tooth decay.



**Caffeine:** Since tea has about 50% less caffeine, you'll avoid caffeine jitters, crashes, addiction, and other effects on your nervous system. If you're trying to switch from coffee to tea, there are some tea blends that have chocolate notes and nuttiness, and taste like coffee.



**Immunity Boost:** Tea may help boost immunity, especially after injury or illness.



**Anti-inflammatory:** Various teas contain anti-inflammatory properties and have proven to help with bloating and digestive issues. Chamomile and ginger are especially effective for anti-inflammatory needs.



**Prevent cancer:** While studies are mixed on this, there are many that suggest tea may help prevent cancer.



**Mood booster:** Tea inspires calm and joy. So, don't worry, be happy, and drink tea.

"I SAY LET THE WORLD GO TO HELL, BUT I  
SHOULD ALWAYS HAVE MY TEA."

-FYODOR DOSTOEVSKY

## Tea for every mood and need.



**White tea** = focus and good for protecting your teeth.



**Green tea** = boost metabolism and energy. Tip: pure matcha green tea for a clean, calm energy boost.



**Earl Grey** = a hug in a mug. Add a splash of milk & honey to satisfy your sweet tooth.



**Chamomile** = sleep aid and bloating.



**Ginger** = warmth, stomach discomfort, bloating. Add lemon and honey for taste. Or boil a strong cup of fresh ginger for the ultimate cold buster. (Avoid store bought ginger tea.)



**Mint tea** = relaxation. Tip: use fresh spearmint with green/black tea for a purely zen experience.



**Herbal/fruit blend** = mood picker-upper, joy, and other health benefits depending on the blend.



**Pu-erh tea** = reduces fatty liver, good for digestion. Low caffeine so great after dinner.



**Christmas tea** = for warm and fuzzy Christmas vibes duh. Typically a black tea often made with cinnamon, berries, cloves, apples, and other spices and fruits.

# Positivi-TEA Quotes to Get You Through the Day.

"YOU CAN'T GET A CUP OF TEA BIG ENOUGH OR A BOOK LONG ENOUGH TO SUIT ME."

- C.S. LEWIS, IMAGINATION AND THOUGHT INSPIRER

"A WOMAN IS LIKE A TEA BAG;  
YOU CAN'T TELL HOW STRONG SHE IS UNTIL YOU PUT HER IN HOT WATER."

- ELEANOR ROOSEVELT, FIRST LADY OF THE UNITED STATE OF AMERICA

"WHERE THERE'S TEA, THERE'S HOPE." -ARTHUR WING PINERO, PLAYWRIGHT

"IN CHINESE, WE SAY TEA WASHES THE SPIRIT. IT'S NOT SOMETHING THAT JUST  
ENTERS YOUR STOMACH, IT ALSO ENTERS YOUR MIND."

- PATRICK CUI, TEA MASTER

"DRINK YOUR TEA SLOWLY AND REVERENTLY, AS IF IT IS THE AXIS ON WHICH THE  
WORLD EARTH REVOLVES – SLOWLY, EVENLY, WITHOUT RUSHING TOWARD THE  
FUTURE. LIVE THE ACTUAL MOMENT. ONLY THIS MOMENT IS LIFE."

-THICH NHAT HANH, BUDDHIST MONK

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