

Teas Recommended for your Health

<u>Health Concern</u>	<u>Effect</u>	<u>Recommended teas</u>
Aging Process	Slows	Green Tea
Allergies	Helps ease symptoms and prevent them from starting	Roobois Tea & Mint Tea
Antioxidants	Contains large amounts of	Oolong Tea & White Tea
Arthritis	Helps prevent and relieve	Green Tea & Black Tea
Bacteria	Retards Growth	White Tea
Blood Sugar	Lowers	Green Tea, herbals with Cinnamon
Cancer	Reduces risk helps immune system if under treatment	Green & Herbals with Cinnamon, Green Tea, White Teas, & Black teas
Cholesterol	Lowers	Black Tea
Circulation	Improves overall	Oolong Tea
Digestive Track	Aids Digestion	Black Teas & Roobois
Menopause	Helps sleep and hot flashes	Chamomile, Raspberry, Lemon Grass, & Green Teas
Heart Disease	Reduces risk	Green Tea & Black Teas
High Blood Pressure	Reduces	Green Tea & Hibiscus
Immune System	Strengthens	Green Tea & White Tea
Mental Focus	Sharpens	Black Tea
Skin	Naturally rejuvenates collagen	Roobois Tea, White Tea, herbals with Almonds
Stroke	Reduces Risk	Green Tea
Sleeping	Helps you relax	Valerian Root Chamomile
Weight loss	Helps absorption of fats and hungry feeling	Oolong, Roobois & Green Tea