

# Sip Smart

*Tea is a great refreshing way to quench thirst this summer, and get some added health benefits at the same time.*

■ Tea taken on its own has no calories, and the leaves are jam packed with antioxidants, which have been proven to have a powerful anti-cancer effect. Antioxidants mop up the free radicals that pollute our modern day society and can cause cellular damage. Free radicals can also damage the skin, causing premature aging. Drinking tea protects the skin and can actually reverse some of this damage; I have come across tea in beauty products and treatments on many occasions. Antioxidants called catechins are one of the most powerful and are found almost exclusively in tea.

■ Take tea for a walk. According to Prevention magazine, caffeine in green tea frees up fatty acids so you can fire up a better fat burn during a walk. Try sipping on a cup of green tea before a walk to set the antioxidants loose in your body. (People with high blood pressure should not do this.)

■ Leaves are also a natural source of fluoride as they extract fluoride from the soil when they grow, so a cup a day goes towards a nice set of pearly whites and healthy gums. And let's not forget how tea can help with general digestion, especially peppermint, and diabetes too.

## Heavenly Tea Organic Lemon Twist.

[heavenlytealeaves.com](http://heavenlytealeaves.com)



■ Tea also helps with slimming, as it raises the metabolic rate of the body, speeding up fat oxidation and burning calories, and the emulsification of fats, in particular pu'ehr tea as it is a fermented green tea, which has a great chemical compound.



**Tea Forte Tea Over Ice Pitcher set,**  
\$49, [teaforte.com](http://teaforte.com)

## Tea Forte Mango Peach

[teaforte.com](http://teaforte.com)

*We have to give a great big THANK YOU to all these wonderful companies who sent us tea to sip and pitchers to brew. We have been drinking happily for weeks!*



**ESP Emporium Tea  
Mango Coconut**  
[espemporium.com](http://espemporium.com)



**Rishi Tea  
Hibiscus Berry**  
[Rishi-tea.com](http://Rishi-tea.com)



**Davidson's Tea  
Strawberry Ice**  
[davidsonstea.com](http://davidsonstea.com)



**ESP Emporium Tea  
Chocolate Strawberry**  
[espemporium.com](http://espemporium.com)