



Caina Tea™

From the Heart of China

Ancient Chinese Remedy Becomes Scientific and Medical Marvel

Fitness Magazine is calling tea “The ultimate health drink.” In a recent article they explain that all teas come from the same plant, Latin name: *Camellia sinensis*. It's the processing that makes them white, yellow, green, oolong, dark, or black. This processing gives different teas distinct colors, flavors, and even health benefits. “Research shows that tea fights breast cancer and heart disease and can even help you lose weight. Bottoms up!”

Harvard Health Publications advises people to drink several cups of tea per day to reap the health benefits. “Drink a cup of tea a few times a day to absorb antioxidants and other healthful plant compounds. In green-tea-drinking cultures, the usual amount is three cups per day. The best way to get the [antioxidants] in tea is to drink it freshly brewed. Decaffeinated, bottled ready-to-drink tea preparations, and instant teas have less of these compounds.” It explains that tea has been known to help fight diseases for centuries, but that scientific study of these benefits has only recently begun. The article says science has shown a link between “consuming green tea and a reduced risk for several cancers including skin, breast, lung, colon, esophageal, and bladder... Additional benefits for regular consumers of [teas] include a reduced risk for heart disease. The antioxidants in green, black, and oolong teas can help block the oxidation of LDL (bad) cholesterol, increase HDL (good) cholesterol and improve artery function.”

Tea tops the list of the *University of Michigan's Healing Foods Pyramid*. In their explanation of why tea is so important to human health, they clearly outline the health benefits of drinking pure teas. “Teas are rich in antioxidants called polyphenols which are plant chemicals that may help prevent cancer, heart disease, metabolic syndrome, hypertension, stroke, obesity, arthritis, and other diseases by:

- Inhibiting growth of cancer cells
- Reducing high blood pressure
- Protecting against stroke
- Improving blood flow to the heart
- Reducing total and LDL (“bad”) cholesterol
- Inhibiting the formation of blood clots in artery walls
- Stabilizing blood sugar levels
- Lowering the risk for osteoporosis
- Acting as an anti-inflammatory agent
- Enhancing immune function and helping fight infections
- Protecting against viral infections and liver disease
- Inhibiting the growth of bacteria that can cause gum disease, cavities, and bad breath
- Exhibiting an antibacterial effect on harmful bacteria inside the body
- Improving brain function and preventing brain cell death”

Even the famous health guru, *Dr. Oz* is a big proponent of using tea as a medicinal herb. He has a special section of his website dedicated to educating people on the health benefits of tea. He knows the value of natural medicine and of countless generations of wisdom. “For centuries, tea has been used in alternative medicine to treat everything from cancer to constipation. Recent research supports these claims: Studies have shown that tea may protect against heart disease, Alzheimer's, and many types of cancer. You may think that if you've tried one tea, you've tried them all, but that's not the case. There's a wide range of flavors within every type of tea and a host of different preventative health benefits. Learn how sipping a cup of the right kind of tea could be the answer to your health problems.”

The *University of Michigan* goes so far as to explain how to properly infuse pure tea leaves to release the most antioxidants, by following the traditional Chinese method, “For best results, start with a ceramic teapot with a lid. Warm the teapot with hot water and pour it out. Also begin with good-tasting water, such as filtered or spring water. Tap water contains chemicals which will affect the taste of the tea. Brew times and temperatures vary depending on type of tea used and personal preference.” It suggests that teas release more chemicals and taste better when they have more room to expand. “For this reason, loose tea is preferred over a small tea ball, infuser or teabag.”

Because pure teas are so delicate, they need to be stored carefully, also following the Chinese way. “To maintain freshness, tea must be stored in a dark, odor-free and moisture-free environment. An airtight container stored at room temperature is fine for most types of tea. Green tea can be stored in an air-tight container in the refrigerator as long as no moisture is in the storage container.”

Indeed, pure loose-leaf teas are the way to go, but even then you have to be careful, as a recent article on [Penn State University's](#) website advises. The article talks about the many health benefits of tea, but it warned that many of these benefits can be counteracted by the practices of mass-production. The article warns against ever using tea bags because “most people don’t actually know what’s in the tea they drink. Today, many popular American and European tea companies abuse the concept of 'organic' tea and instead sell tea bags filled with pesticides, toxins and artificial flavors.” The article stated that even loose-leaf teas purchased at trendy shopping mall locations can be worse than they appear, which is why it's so important to get natural teas straight from the source. The article mentioned one such loose-leaf chain by name, though we have removed it here, “an independent lab tested [name removed] teas and claimed that 100% of the samples contained pesticides. In addition, 62% of the teas contained traces of endosulfan, which is banned in many countries (including the U.S.) because it has been linked to impaired fertility and birth defects.” If you're drinking tea for the health benefits, be careful that you're drinking pure, natural teas.

So what is tea?

Tea started out as just one of many herbal medicines in China. The earliest records of tea consumption date back almost 5,000 years (3,000BC), when bitter leaves were simply dried, crushed, and tossed into hot water. But tea is an herb in a league of its own. “Indeed, tea is considered a superfood - whether it's black, green, white, or oolong tea. All those tea types come from the same tea plant, [Camellia sinensis](#). The leaves are simply processed differently,” says [WebMD](#). Over the millennia, countless tales of seemingly miraculous recoveries from drinking tea have led to tea becoming the most widely consumed beverage in the world, after water. Not only is tea amazing for your health, but a pure tea made in the ancient styles developed slowly, over generations, in the mountains of China has a marvelous taste! There are countless styles of tea within China alone, so with some trial you're sure to find one that's just right for you.

Oxidation from free radicals within the body has been linked to all kinds of health problems. Free radicals are unstable atoms and molecules that try to bond with others to become more stable. Inside your body, free radicals "steal" electrons from cell membranes, causing cell damage. A study performed by the [Medical Academy of Bialystok in Poland](#) has found that the antioxidants in tea clearly prevent free radicals from stealing your body's electrons. Their results “support and substantiate traditional consumption of green tea as protection against lipid peroxidation in the liver, blood serum, and central nervous tissue.”

Most of tea's healing power comes from its antioxidants, called [polyphenols](#). Fresh, dry tea leaves are made up of about 30% simple antioxidants, called [catechins](#). That is an impressive percentage! As [WebMD](#) states, “All teas from the Camellia plant are rich in polyphenols, antioxidants that detoxify cell-damaging free radicals in the body. Tea has about eight to 10 times the polyphenols found in fruits and vegetables.” White, yellow, and green teas have had their oxidation stopped early, so they are closest to the original leaf. Dark and black teas are left to oxidize for much longer and are rolled, twisted, broken, and pressed to release juices inside the leaves. In many darker teas this process also leads to natural fermentation. This blackening process changes the makeup of the tea, causing the polyphenols to form more complex antioxidants called [flavonoids](#) and [theaflavins](#). “The result is three distinct colors and tastes that offer a host of health benefits. Find the brew that's right for you,” [Fitness Magazine](#) advises. In truth, there are far more than three categories within the world of tea. Tea's varying colors and flavors might even surpass its seemingly limitless health benefits. [WebMD](#) suggests that everyone “choose to drink tea whenever you can, especially as a substitute for soft drinks.” In the long run, the nation's #1 medical website says, tea will help build up your body's natural ability to fight environmental pollution and diseases.

As tea becomes a more popular drink in the US, more research is being done to discover what the full benefits of tea consumption are. What all the experts do agree on is that drinking tea is very good for your health. "Past studies have shown that green tea stimulates the immune system to fight disease," says Dr. Milton Schiffenbauer of [Pace University in New York City](#). “Study after study with [tea] proves that it has many healing properties. This is not an old wives' tale - It's a fact.”

With all the ancient tales and more recent scientific evidence of the health benefits of tea, is it any wonder tea is becoming so popular? As people are becoming more aware that they are in charge of their own health, they are becoming more self-empowered. People are taking steps toward living a healthier, happier life by eating and drinking the right foods. The Chinese have known about the magic of tea for thousands of years, and America is just starting to wake up to the ancient knowledge of the Far East. Pure Chinese teas are only grown in the clean, misty mountains and are naturally processed through ancient Chinese styles. These secretive processes give tea its wide range of flavors and health benefits. In China they say you should drink green tea in the morning, oolong in the afternoon, and black tea in the early evening. That way you get to try all the flavors and reap all the wide-ranging health benefits. Because Chinese teas are designed to be reused, you can also save previously brewed leaves from the morning, re-infuse them, and drink naturally decaffeinated, yet still flavorful tea in the evening!

Caina Tea started in one of these Chinese tea villages. People in the Chaoshan region of China grow up serving tea in the art form known as the Kung Fu Tea Ceremony, or gongfu cha. Tea has always been a way of life for the Chaoshan people. **Caina Tea's** mission is to bring pure teas and genuine cultural tea knowledge to America. We have climbed countless mountains in search of the best teas. We have gained invaluable knowledge on quality, style, and health benefits from local experts, by staying with them in their homes. We have become friends with all our suppliers, eating meals with them and waking up to see the sun rise on their tea-covered mountaintops. We have brought these specialty teas across the world so Americans can share in the health benefits and myriad of flavors that China has had for so long. So here is your chance to get in on the emerging American tea culture and all the wonders that drinking tea can bring to you!

A recent article published by **National Center for Biotechnology Information** and conducted with a team at the **University of Wisconsin's Medical Sciences Center** focused on the ancient Chinese beliefs about tea's health benefits. The report states that “modern medicinal research is providing a scientific basis for this belief. The evidence supporting the health benefits of tea drinking grows stronger with each new study that is published in the scientific literature.” The article says that even though most research is focusing on green tea, you shouldn't discount the benefits of other teas. “Encouraging data showing cancer-preventive effects of green tea from cell-culture, animal and human studies have emerged. Evidence is accumulating that black tea may have similar beneficial effects... polyphenolic compounds present in green and black tea are associated with beneficial effects in prevention of cardiovascular diseases, particularly of atherosclerosis and coronary heart disease. In addition, anti-aging, antidiabetic and many other health beneficial effects” have been discovered and are being further investigated. The article describes tea as a scientifically-evident source of “the prevention of chronic diseases like cancer and cardiovascular diseases and general health promotion.”

A similar study done by **Case Western Reserve University in Cleveland** suggested that black teas, though the most popular in the world, have a long way to go as far as scientific study goes. It says “tea may reduce the risk of a variety of illnesses, including cancer and coronary heart disease. Most studies involved green tea, however; only a few evaluated black tea.” There is still much more to discover about the health benefits of tea, the article states. “Black tea is the major form of tea consumed, but its chemistry, biological activities, and chemopreventive properties, especially of the polyphenols that are present, are not well defined.”

As the **University of Maryland Medical Center** says, based on scientific research, drinking tea may help treat the following health conditions: heart disease, high cholesterol, bladder cancer, breast cancer, ovarian cancer, colorectal cancer, esophageal cancer, lung cancer, pancreatic cancer, prostate cancer, skin cancer, stomach cancer, inflammatory bowel disease, diabetes, liver disease, weight loss/gain, dental cavities, cold and flu, arthritis, and if you can believe it “studies also show that drinking green tea is associated with reduced risk of dying from any cause.” How many foods, drinks, or even drugs have you heard of that can claim that?

As the modern world struggles with genetically modified foods and balancing pesticides with profit, you can rest assured that our teas are pure and grown using ancient Chinese organic practices. We and our family farmers in China will never put profits over quality and tradition. Health through purity is our focus, and tea is our passion.

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