



Tea Therapy: Natural Remedies Using Traditional Chinese Medicine

Lin Qianliang, Chen Xiaoyi

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Tea is an essential part of Traditional Chinese Medicine and with *Tea Therapy* you can learn to unlock the healthy properties of this delicious beverage.

There are six categories of Chinese tea; green tea, black tea, yellow tea, dark tea, white tea and oolong tea. Its many beneficial ingredients, such as polyphenols and vitamin C, help to keep the human body healthy, giving due weight to the traditional Chinese saying that "*tea is the medicine of ten thousand ailments.*" *Tea Therapy* is a perfect combination of the six kinds of teas with Traditional Chinese Medicine (TCM), maintaining the original flavor and function of each tea and providing effective TCM remedies at the same time. This is a good way to alleviate the symptoms of various ailments and illnesses.

This book is divided into two parts. The first part is a detailed and systematic interpretation of several aspects of tea; the history of tea culture, the efficacy, the medicinal history and the ingredients, as well as the usage of tea as therapy. The second part classifies diseases into different sorts and lists more than 180 easy to make tea treatments. Readers can find the most suitable remedies for their conditions.

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