

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Beginners Guide To Oolong Tea

By Rob Jameson

Over the last few years green tea has become very popular and is available in most stores and

cafés. It is also used in all kinds of products such as shampoo, face cream, candles and many other daily items. Oolong tea is produced from the same plant, which is called Camellia Sinensis. The difference is that Oolong is a semi-fermented brew whereas green tea is unfermented.

The fermentation process is carried out by a skilled worker who can ferment the tea to many different levels to create different varieties. The leaves are stimulated until the oxidization process reaches the desired level and then cooked to finish the process.

The leaves are further processed after the fermentation to enhance the smell, texture and the flavor. This is done by rolling and rubbing the tea. It is possible to achieve many different levels of tea, and when the processing is over a knowledgeable master of Oolong will check the leaves and give them a grade.

The history of Oolong tells us that it was first produced in Fujian province in China. Some of the finest tea still comes from this area although it is now also produced in many other places including Taiwan, Vietnam and Thailand.

One of the reasons that green tea has become so popular is that there are believed to be many health benefits which can be obtained by regular drinking. These benefits are also reported to exist in Oolong and are retained even after the tea is processed. Some of the common benefits claimed are the stimulation of the metabolism and the ability to enhance the digestion.

If you are interested in trying some Oolong then it is recommended to find a quality supplier. There are many sellers on the Internet who can supply good tea and many who can supply not so good tea. The stuff in the local Chinese store tends to be of very low quality and not worth buying. Look for a specialist tea merchant and try a few different ones to find the best quality.

Some of the more popular varieties include Gao Shan, Tie Guan Yin, Vietnamese Golden Buds and Formosa Oolong which comes from Taiwan. Don't be afraid to get stuck in and try a few varieties. I can

tell you that a good Oolong is really a great tea so if you are not impressed with what you buy then shop around for another merchant because the good stuff is out there.

Rob Jameson is a writer and tea lover. For more information please stop by at this web resource for

<http://www.chineseoolongtea.com>

You Asked: Is Black Tea Good For My Health?

By News Canada

(NC)—Data emerging from several recent studies on black, green, and oolong tea - each one derived from the same plant species, *camellia senensis* - consistently demonstrate that tea may indeed give your diet a boost. The findings have sparked great interest, so here are the answers to the most frequently asked questions, courtesy of the Tea Association of Canada:

Q: What health benefits are attributed to tea?

A: More people are turning to tea for its antioxidant appeal. Antioxidants are compounds, which neutralize free radicals and potentially protect against disease. Tea is rich in antioxidant plant compounds called flavonoids, which are widely believed to prevent damage to body cells that can result in cancers. As such it is good to incorporate them into the diet. The antioxidant activity in two cups of tea equals that of seven glasses of orange juice.

Q: What are the varieties of tea?

A: Traditional tea is black, green, and oolong - and all are calorie-free. Black tea is the most familiar; green tea is also familiar to health-conscious Canadians; and oolong tea is highly popular in the Chinese culture. From these, as many as 3,000 blends are available, including flavoured teas. Herbal infusions or tisanes, such as chamomile, rosehip, fennel, or peppermint, are made from various kinds of plants and do not contain any real tealeaves. The term "herbal tea" is somewhat of a misnomer.

Q: Which has more caffeine, black tea or coffee?

A: If caffeine is of concern, do note that 400-450 milligrams of caffeine is considered a safe and moderate daily intake. One cup of tea contains 30 to 50 percent less caffeine compared to a cup of coffee, which means that enjoying even several cups of tea every day can fit into a healthy eating plan. Decaffeinated tea is an alternative for those who want to avoid caffeine altogether.

Q: How do I maximize the benefits from each cup or pot?

A: As the research indicates, you can enjoy one or more cups of green, black, or oolong tea every day. To maximize the amount of flavonoids released from tea, use boiling water and brew it for at least

A Beginners Guide To Oolong Tea

three to five minutes. When making a single cup, dunk the tea bag continuously to increase the release of flavonoids.

More information is available online at

www.tea.ca

.

– News Canada

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

You Asked: Is Black Tea Good For My Health?

All Types Of Chinese Teas Explained

Green Tea and Cholesterol facts

Chinese White Tea And Its Uses And Types

Making Chinese Tea

Blog Biz For Beginners

The Antioxidant Benefits Of Coffee

Web Biz for Beginners

Real Estate Investment for Beginners

Dream Psychology



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!