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

The Tip of the Iceburg

By Daniel James Ahern

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For thousands of years, tea has been considered a healthy, even medicinal drink in China. And why not? China has a long history of herbal medicines. There is a widely-used herbal medicine called kugan that cures the common cold. The treatment for cancer is an herbal remedy which the patient must drink five times a day for a few years, a much more comfortable process than that used in the west. But, it was only recently that western methods have been used to study the science of Chinese medicine.

Since then, we've seen that Chinese medicines not only work, but work without the unpleasant side effects of manufactured medicines. But, until funding for such research increases, we'll have to continue using those manufactured medicines as prescribed by our doctors. FDA approval costs are high, and the drug industry, which does much of that funding, makes it's money from the manufacture of *patented* drugs, not from growing widely available herbs.

We have been blessed though, mostly by the British Medical Association, with research on that most common Chinese medicine – tea.

Not distinguishing here between different types of tea leaves, which all come from the same plant but are processed differently, we can explore the many health benefits of tea, most of which are closely related to its antioxidant content, and include benefits to metabolism, strong bones and teeth, hydration and prevention of aging diseases.

One not so well known fact about tea is its flouride content. One cup of tea will provide you with 70% of your minimum recommended daily flouride intake. Fluoride is, of course, needed to support bone mineralization and protect against tooth decay. Drinking two cups of tea a day will therefore have preventative effects against osteoporosis and cavities. It is a much better source of caffeine than coffee, therefore, since coffee has the opposite effect on bones.

Tea also has less caffeine than coffee, less than half of fresh-brewed coffee. It's not safe to consume more than 300mg of caffeine in a day. Your average cup of fresh-brewed coffee has 115mg of caffeine, while tea has a mere 50mg. Because of its caffeine content, tea is a central nervous system stimulant, aiding in your focus and attention; a bronchodialator, helping you to breath more easily; and a diuretic, helping you to clean your system out.

In the past, the diuretic affects of the caffeine in tea were considered a health risk, as it was generally accepted that caffeine causes dehydration. However, because tea only has 50mg of caffeine per

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serving, its holistic effect is that of a hydrator. Staying properly hydrated will reduce both mental and physical fatigue.

The caffeine in tea also plays a part in tea's effect on metabolism. Tea increases metabolism by about 10%. Though it's not exactly clear and proven why, it is theorized that this is due to the synergistic affects of caffeine and adrenal gland stimulation.

Much of tea's greatest health-enhancing characteristics are the result of its antioxidant content, which rids the body of free radicals.

Free radicals find their way into your body through normal metabolic processes, but, can also be formed in response to pollution, UV sunlight, and cigarette smoke. Free radicals are molecules that attack other molecules in the body. Free radicals are thought to be the cause of some chronic and aging diseases such as cancer, stroke, arthritis, cardiovascular disease, cataracts and Alzheimer's. Antioxidants rid the body of free radicals by giving them something to attack, thus reducing the risk of

all those diseases. Vegetables and fruits, which contain antioxidants, should for the same reason be eaten everyday. Of the Chinese teas, green teas have the most antioxidant content (one cup of green tea is equivalent to eating six apples), while black teas have the least.

So, you can see, for those concerned about their body and looking for a safe alternative to their everyday high-calorie caffeinated drinks, tea is a drink of choice. However, for our doctors to prescribe us the whole range of world medicines, we will have to restructure our system to funnel more money to research methods that don't necessarily reap a handsome profit for the drug industry. Until then, you can view the tip of the iceberg by drinking daily tea.

The author is an American living in China, working to pay off school debts before he continues his education in Chinese medicine. In the meantime, he is starting a site

ilikegoodtea.com

to begin

marketing Chinese medicine to the west.

Make the Most of Your Mentoring Relationships

By Judith Lindenberger

Mentoring is one of the best ways to learn, to get feedback, and to take your career to the next level. Here are ten tips for making the most of your mentoring relationships.

Tip #1

Self-assess. Ask yourself, "What skills do I need to get where I want to go?"

Tip #2

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Identify your learning goals. Put them in writing.

Tip #3

Decide together how the mentoring relationship will work – frequency and type of contact.

Tip #4

Commit the time. Don't give up if the chemistry doesn't feel right at the first meeting. Meet a minimum of once per month. Touch base regularly – by e-mail, phone, in person.

Tip #5

Take time to build trust and communication. Get to know each other on a personal level. Discuss your backgrounds, interests, career histories, and perspectives of your organizations.

Tip #6

Keep confidences. Nothing kills trust in a mentoring relationship faster than a breach of confidence.

Tip #7

Be sensitive to cultural and gender differences. Do a little homework. And listen.

Tip #8

Understand and plan for the phases of a mentoring relationship. Build in time for evaluation and closure.

Tip #9

This is about learning, whether you're a protégé or a mentor. Keep a journal.

Tip #10

You don't need a single mentor who you keep throughout your career. What you need is a mind-set that allows you to learn from those around you, no matter who they are. To get ahead, create your own multitalented "board of advisors."

Judith Lindenberger MBA has a distinguished career in human resources consulting and is recognized for her innovation and excellence. The Lindenberger Group, LLC provides results-oriented human resources consulting, organization development, customized training workshops and personal career training to help individuals and organizations improve their productivity and performance. The Lindenberger Group is a two-time recipient of The Athena Award for Excellence in Mentoring. Contact them at 609.730.1049 or

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