



Tea with Benefits

Disc

Pu-erh tea is the beverage of the 21st century, with health benefits as follows:

1. Anti-radiation & detox
2. Lower blood pressure, cholesterol & blood sugar levels
3. Helps weight loss
4. Warms the stomach & promotes digestion
5. Vitamin C ingredient prevents scurvy
6. Anti-aging
7. Helps prevent cancer

Non-fermented 1,5,6 & 7 : Fermented 2,3,4 & 6



The French call Pu-erh "Beauty Tea"

The French have long known and appreciated the benefit of Pu-erh Tea assisting with their weight loss and anti-aging.

A well documented study in 1987 by Professor Benelle Jacktor of Henriettee Hospital in Paris discovered that the blood lipid levels of most of his patients were reduced by 25% after drinking Pu-erh Tea three times a day for one month. In the same year, St. Antony Medical College of France engaged in observation tests which confirmed such treatment effect.



Six Flavours of Life

In many parts of the world preparing and drinking tea is filled with ritual and culture. Tea creates balance, which is an important part of life and living.



It is difficult in our hectic, fast-paced life to stop and smell the roses, or in this instance, the flavour of a great cup of Pu-erh Tea.



The soul of Chinese tea culture is harmony. Pu-erh tea infuses people's minds with culture, spirit, and elegance.

This facet takes advantage of the ability to temper your mind, increase your ability, and broaden your horizons.



Happiness comes from within. People who create their own happiness know the true meaning of life and living with oneself and the world.



Relaxing and soothing jangled nerves allows you to be at ease and enjoy the simple comforts of life.

A person at ease knows that he can deal with the ebb and flow of life. Inner Peace gives one the ability to be at ease with oneself and the world.



RECOMMENDED BY:
North American Association of Tea Consumers

What is ...

PU-ERH TEA



(pronounced POO-urr)

Uniquely aromatic and beneficial, Pu-erh tea is made from sun-dried raw tea. Mostly unoxidized green tea processed from a variety known as "Yunnan large leaf tea". Grown only in the unspoiled and pristine Yunnan province, the tea is made from a natural or imitated fermentation process.



According to its shape, Pu-erh tea is either grouped into loose tea and compressed tea, which includes disk, brick and hump.

Imported & Sold by:

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3024 Hurontario St., Unit G3, Mississauga, ON
Tel: (905) 272-2503

Online shopping @ www.natureshop.ca

Join the North American Association of Tea Consumers; e-mail: naatc@hotmail.com

What is non-fermented Pu-erh Tea?

This type of tea is compressed from the raw material into its final form (disk, brick, hump or loose) without additional processing. It is the most traditional of the Pu-erh teas and is the base of the fermented tea.



The brew itself has a fresh and mellow aroma, gold in colour with a strong taste. The tea's flavour changes dramatically over the course of aging, resulting in a bright red beverage with a noble aroma.

What is semi-fermented Pu-erh Tea?

Called "modern Pu-erh tea", it is converted from the raw Pu-erh by a manipulated aging process of wet piling and fermentation. (Wet piling actually refers to the process of manipulating conditions to approximate the result of the aging process by prolonged bacterial and fungal fermentation in a warm humid environment under controlled conditions.)



The brew is a brownish-red colour, with a unique aroma, and a pleasant mellow taste.



Brick

Preservation of Pu-erh Tea



1. Preserve tea leaves by storing in a clean, dry place with no odours or pollutants present.
2. Pu-erh tea has a preservation value just like fine wines. The older it is, the better the flavour, the rarer it becomes and the more it appreciates in value.
3. Pu-erh tea can be used as an ingredient for baking and blending drinks. It can also be used to degrease pots and pans, polish furniture, etc.



Steeping Pu-erh Tea

You can increase Antioxidants and decrease Caffeine by making tea correctly!

1. Select Pu-erh brick/disc or loose tea.
Note: For tea brick/disc, break into small pieces, keep it in a container.
2. To make the best tea, use natural spring water or Kangen Water*.
3. Pour 200mL boiling water over 5g tea, then dump the water out immediately.
4. Pour another 200mL boiling water into the tea pot. Steep tea leaves for 30 seconds to one minute.
5. Strain the tea into a cup for drinking.

6. Always separate tea leaves from water if you are not drinking.
Note: You may add boiling water for as many as 6-10 times, but add just enough water for one cup each time unless you need to bring more tea along when traveling. Do not steep the tea for a long time.
7. Pu-erh Tea is best enjoyed in traditional ceramic or clay tea sets.



Hump

*For details about Kangen Water, visit www.natureshop.ca

Cocktails anyone? - Pu-erh Style

Try the following mixtures to create a well-balanced healthy beverage.

1 non-fermented : 2 semi-fermented

This ratio fits people with stomach troubles or cold disposition, since the semi-fermented pu-erh can warm the stomach, and balance the cold property of non-fermented pu-erh.

2 non-fermented : 1 semi-fermented

This proportion rate fits people with dryness-heat. The non-fermented pu-erh can reduce the heat, and balance the warm properties of the semi-fermented pu-erh.

1 non-fermented : 1 semi-fermented

It is neither too warm nor too cold, so it's the best choice for most people, particularly females, with cold bodies but dryness-heat inside.