

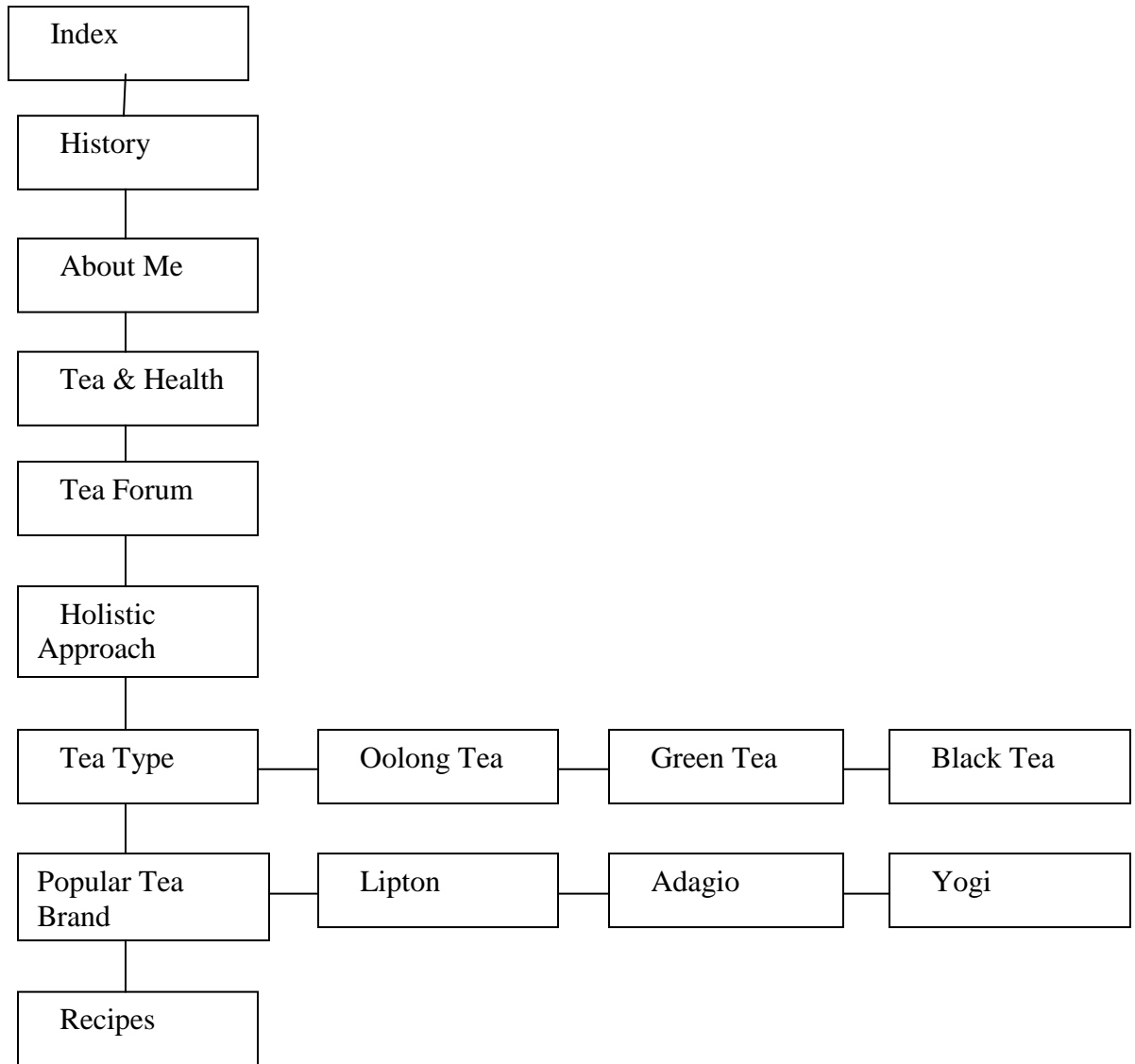
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Holistic Tea

Revitalize, Rejuvenate, Regenerate

Image of Tea	History
	About Me
	Tea Forum
	Holistic Approach
"Rotating Quotes"	Tea Type
	Tea Brand
	Tea & Health
	Recipes

Contact Info



Text For HolisticTea.com

About me

A wanderluster in parts of Southern China, Macao, and Hong Kong for almost a decade. Similar to a gypsy searching for the next oasis, but looking back now, I think of nothing positive from this adventure but tea. Why? By the way, I am Joy, the wanderluster. Although my years spent in Asia didn't start or end like a fairytale, I was lucky to be introduced to tea by a 85 years old woman in Kowloon Park, Hong Kong. She said "Daily grinds bring me to apply the most ancient healing method."

As an immigrant from Guang Dong province, this 85 years woman worked long hours while exposing to hazardous metals. Unfortunately, her husband past away at an early age, and left her with three children to take care of. Everyday, she drinks atleast 5 cups of tea, which she believed it naturally flushed out all her internal toxins. Today she is 85 years old, and is way healthier than her 50 years old counterparts.

I was told that my great grandfather smoked more than any of today's so call cool teenagers. Believe it or not, he lived until 95 and past away not because of lungs cancer. He also drink plenty of tea.

Tea does heal and detox our internal system.

History

Human and tea drinking dated way back in time. Here are some historical moments

Discovered by Shen Nung 2737 B.C.

Japan was introduced to tea by Yensei, a returning Buddhist priest residing in China, resulted in the creation of the Japanese Tea Ceremony

Tea continue to travel throughout the Orient. European explorers were intricate by tea and its aromatic flavor.

East India Tea Company initially brought tea into Holland for a steep price of \$100 per pound. Tea considered a rich man's beverage until too much was imported.

Dried tea leaves were sent to Czar Alexis of Russia by the Chinese Embassy in Moscow in 1618. Russian sip sweetened tea from a glass in a silver holder, or enjoyed honey or strawberry jam stirred into it.

In 1650, Peter Stuyvesant brought tea to the American colonists in New Amsterdam. Soon the colonists were addicted to tea

In the 1880's, America was the biggest importer of tea due to faster vessels and the ability to pay its debts in gold.

A tea plantation owner introduced iced tea to the St. Louis World's Fair in 1904.

At the turn of the twentieth century, tea bags were introduced. Thomas J. Lipton designed a four-sided tea also known as the 'flo-thru' tea bag, which allowed tea to steep quicker in the cup than the two-sided bag.

Today 70% of the tea we drink is grown in Sri Lanka, India, Indonesia, Kenya, Argentina and China because of the tropical and sub-tropical climate. Today there are three basic types of tea: black, oolong and green.

Tea Type

Oolong Tea

Green Tea

Black Tea

