

Title:

Tea - Not Only Perks You Up, But Benefits Your Health Too

Word Count:

462

Summary:

A sip in the morning, while reading your newspaper just makes your day complete. Most people's

For many who are not aware about the importance of tea, can get to know it a little better. Te

Keywords:

Home remedies with tea, fights cancer and heart disease

Article Body:

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For many who are not aware about the importance of tea, can get to know it a little better. Te

All teas come from the same plant called as "Camellia sinensis" a shrub which happens to grow

You can also have iced tea which is equally beneficial like any other hot cup of tea. Tea can

With the charm of refreshment and adding sparkle to your life, it also helps in shielding you

It has been very useful to maximize your body defenses to fight diseases like cancer and heart

Having tea in comparison to coffee is better because coffee contains more caffeine which is no

Tea contains fluoride and tannins which drive the plaque away. It helps in keeping your dental

Even though there has been research that caffeinated fluids dehydrates your body which include

Having ginger tea may help you get relief from sore throat. Having herbal tea can be very good

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