

## **‘NUTRITIONAL TIPS’**

### **A PROPER CUP OF TEA & YOU**

A proper cup of tea is a very common daily item. Do I participate or not? Should I? Do I hold my little ‘Pinkie Up’ or not?

Did you know that tea is the most common beverage worldwide only second to water.

Tea contains polyphenols which are antioxidants. These protect our bodies from damage that can be done by ‘Free Radicals’. Polyphenols are anti cancer agents. One might have to consume four to six cups daily to prevent blood clotting and lower cholesterol.

Be aware that tea contains ‘theophyllin’ which is a cousin to caffeine so you can experience the stimulating effects known to coffee by drinking tea. Don’t use or moderate your intake of stimulants. Let your mind and then body do its own stimulating!

It is worthwhile to know that most of the ‘Herbal or Special Teas’ are really not purely tea leaf products. Do not expect the same results from the alternative teas.

There is research ongoing to determine if ‘Decaffeination’ might reduce or eliminate the beneficial ‘polyphenols’. More investigation continues.

A useful tip is to steep or brew your teas for a minimum of 3 to 5 minutes to leach out the beneficial polyphenols.

Enjoy the aroma of tea as well. The aroma therapists assure us that this is also beneficial.

Isn’t fresh clear water a marvel?

Enjoy!

**“Welcome Aboard!”  
“Enjoy The Ride!”**

### **PERFORMANCE EXCELLENCE**

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24/7