



# Green Tea For Health & Vitality: Healthful Alternatives Series

*Dr. Jorg Zittlau*

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# Green Tea For Health & Vitality: Healthful Alternatives Series

*Dr. Jorg Zittlau*

## **Green Tea For Health & Vitality: Healthful Alternatives Series** Dr. Jorg Zittlau

Discover green tea's simple but proven ability to heal the body, relax the mind, and renew the spirit. Drawing on both the latest in medical science and the best of ancient wisdom, you'll find green tea recipes that help you: \* use tea's healing effects on your heart, circulation, immune system, breathing, and common colds, as well as psychological and sexual lift \* make tea part of a weight loss plan \* try recipes for teas that blend healthy herbs, spices, juices \* reduce wrinkles on your face and hands \* slow aging \* give energy to children \* try different teas at different times of day and seasons of the year Best of all: an A-to-Z list of ailments that tea can cure, from appetite disorders and arteriosclerosis to chronic tiredness and mouth sores, and from gastritis and sunburn to coughs and sore throat. 96 pages (all in color), 6 7/8 x 8.

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