

Tetley Tea Newsletter

Subject: Renew your mind, body and spirit with Tetley Tea

Winter 2012

Pure. Natural. Choice.

Choice is a right, not a privilege. And you have the right to drink the best-tasting tea.

Tetley Green Tea is made from 100% pure and natural ingredients. It is available in a variety of flavours (including Lychee Pear Green Tea) to help renew your mind, body, and spirit.

For more information on Tetley Green Tea, visit

http://www.facebook.com/Tetley.Canada?sk=app_229202407113064 or
<http://www.tetley.ca/English/TetleyTeas/Products.cfm>.

Tetley Tea FAQ

Q: Does Tetley tea contain antioxidants?

A: Yes. All black, green, white and red teas contain antioxidants called flavonoids. The amount and type of antioxidant in each type of tea depends on how it is made. Catechins are the main antioxidants in green and white teas. As for Tetley teas, our British Blend contains 200 mg of antioxidants per cup, while our Pure Green tea contains 160 mg per cup.

For more Q&A on Tetley teas, visit http://www.tetleyusa.com/AboutTea_TeaFaq.php.

The Perfect Cup of (Green) Tea

To truly enjoy the pure, natural flavour of Tetley Green Tea, follow these steps to brew the perfect cup of tea.

1. Boil a pot of fresh water to a temperature of at least 98.5° F (about 37° C).
2. Place the tea bag in a cup, and pour the freshly boiled water onto the bag, brewing for 3-5 minutes.
3. Use a spoon to squeeze the tea bag against the side of the cup for 2 seconds.
4. Stir the tea once, then squeeze the tea bag for another 2 seconds.
5. Remove the tea bag from the cup.
6. Sweeten your tea with sugar or honey.
7. Enjoy!

For more information on brewing the perfect cup of tea, visit

<http://www.tetley.ca/English/AboutTea/Facts.cfm>.

Did you know?

- Black tea and green tea contain fluoride. Drinking 1½ cups of Orange Pekoe (or 1 cup of green tea) every day may help to reduce tooth decay.
- One cup of black or green tea contains as many polyphenols as a serving of some vegetables.
- When properly stored, black teas can retain their flavour for up to two years from the time they are picked.
- Herbal teas contain no caffeine because they are not made from the leaves of the *Camellia Sinensis* plant (which is the source of tea).

For more interesting facts on tea, visit <http://www.tetley.ca/English/AboutTea/Facts.cfm>.

Celebrating Positive Change

The Tetley Green Tea Renewal Party is proud to celebrate the efforts of unique individuals who bring about positive change in their communities through renewal. We would like to recognize the efforts of:

- James Arthurs, who uses the power of music to help heal children at the Hospital for Sick Kids
- Benji Chu, who founded Run for Change, a running group that encourages homeless and shelter-dependent people to run and walk
- Mark DeMontis, who founded Courage Canada, an organization that provides the blind and visually impaired with opportunities to skate and play hockey

Check out their inspiring stories at

http://www.facebook.com/Tetley.Canada?sk=app_285358264808595.

The Value of Sleep

Sleep and renewal go hand in hand. Getting a good night's sleep is vital for your physical and mental wellbeing. It also enables you to wake refreshed and alert for a brand new day.

Here are five natural ways to get a good night's sleep:

1. Engage in 15 to 20 minutes of exercise two hours before going to bed.
2. Take a hot shower right before going to bed.
3. Eat a light, healthy snack (but not a heavy meal).
4. Read a good book (preferably fiction) to relax your mind.
5. Drink a warm cup of Tetley Calm Herbal Tea. The calming balance of chamomile and spearmint helps to create the perfect moment of serenity at the end of your day. With no artificial colours or preservatives, you'll enjoy the pure taste of all-natural herbs and flavours. Tetley Calm is available in 20- and 40-count packs.

For more information on Tetley Calm Herbal Tea, visit

<http://www.tetleycolourtherapy.ca/#/products/calm/>.

