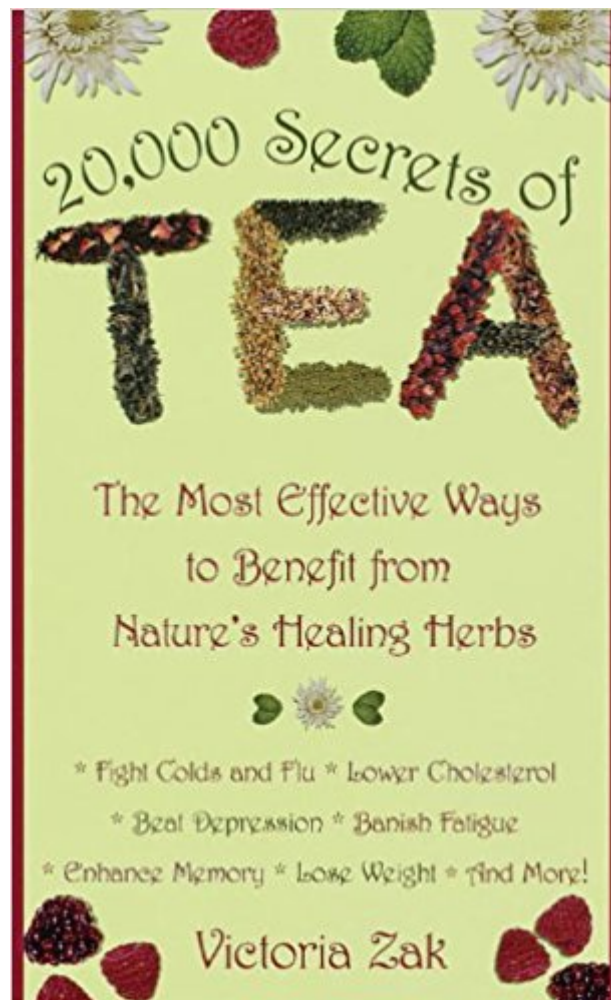




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# 20,000 Secrets Of Tea: The Most Effective Ways To Benefit From Nature's Healing Herbs



## Synopsis

Fight Colds and Flu Lower Cholesterol Beat Depression Banish Fatigue Enhance Memory Lose Weight And More! An ancient Chinese legend: Once there was a man who knew 100,000 healing properties of herbs. He taught his son 80,000 secrets. On his deathbed, he told his son to visit his grave in five years, and there he would find the other 20,000 secrets. When the son went to his father's grave, he found, growing on the site, the tea shrub....Teas are the gentle, natural, most beneficial way to absorb the healing properties of herbs--easily and inexpensively. A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules, tinctures, or infusions. Feeling tired? Rose hip tea will rev you up and beautify your skin. Need some help with your diet? Ginger tea will provide the boost you need and help aching joints too. Hot or iced, these pure and simple drinks offer delicious ways to stay healthy and revitalize you from the inside out. This unique guide offers: An A-Z listing of common ailments followed by the teas best used to treat them Instructions on how to create your own medicinal kitchen Advice on creating your own tea blends Descriptions of the top 100 herbs and their secret healing properties And much, much more!

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## Customer Reviews

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I really enjoyed this book, not in the sense of a novel or biography, but like a book with a lot of really helpful info! If you read this like a book it may get boring. As an avid tea drinker, this book gave me ideas for new teas and combinations. Tea can be a magical healer at times, and this book outlines some incredible benefits. A couple of my favorites in this book are slippery elm, and dong quai tea! This book is presented in a very easy to understand way, which makes it a great addition to any bookshelf. By buying this book you will only receive great info, and health benefits. Tea can be a tasty addition to anyone's lifestyle!

Victoria Zak's book is decent. It includes herbal tea history, remedies, directions on making your own teas, lists of herbs and some ailments said herbs help. Zak lists herbs with cautions as well as parts of plant to use in making tea along with historical facts about many herbs. Recipes and quotes make this book an interesting read, and educational reference to your herbal tea library; however, some of the stuff in the book does seem improvised and self opinion.

Great intro. I knew really nothing about tea or tisanes, this was the eye opener for me! Great overview, but you'll need books with more detail if you want to adopt a herbal lifestyle.

For me, this is the best herbal tea book ever. Have read a few others, but this one makes more sense to me. I love to be able to search for teas to brew to help keep me healthy. The idea of drinking teas appeals to me much more than tinctures or herbal powders. The book is full of all the information you need to start improving your health naturally with teas. It's a good read!

love drinking tea so i bought this book. I learned alot and its easy to understand. didn't have all the herbs in here and would def buy and updated book from her

Great book for tea lovers, and those wanting to know more about tea.

I bought the kindle vers for easier reading, I already have the paperback copy which has helped greatly, lotta good info on herbal and regular teas. Nice thing bout the kindle copy is it's mobile on smart phones (Kindle app needed but easy to get from multiple sources) You can research medicinal teas and match them up at the super market, whole foods and etc.

This book is really clear and easy to read and follow. It's probably the most helpful herbal remedy book I've read thus far, and I've read quite a few of them. A must for those new to herbal teas.

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