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Teas

By Tammy Safi

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Teas, Tammy Safi, With Healthy Teas you'll discover delicious, simple, and natural ways to enhance your health and vitality. Inside you'll find more than 80 recipes using everything from unfermented green teas and fermented black teas to herbal and fruit infusions. Discover springtime tonics that fight allergies, immune system-boosting teas, teas that detoxify and cleanse, and simple morning pick-me-ups - or create your own relaxing teas for stress relief and calming sleep. Tammy Safi provides a fascinating introduction to the history and healing properties of green tea, the health benefits of black tea, and the life-enhancing attributes of herbal and fruit infusions. Whether it is a soothing cup of Darjeeling tea, a green tea and blueberry infusion with antioxidant properties, or a refreshing honeysuckle and chamomile tea, Healthy Teas is sure to have a tea for you.



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