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Typhoo presents a talk on the healing powers of Tea By renowned nutritionist Naini Setalvad

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Tea is one of the oldest and most popular drinks in the world. From Buddhist monasteries to English parlors, tea has also long been recognized for its healing properties, from the antioxidants in green and white tea to the restorative properties of various herbal blends. In an in-depth talk on the healing powers of Tea held at the Cha Bar today by Typhoo, renowned nutritionist Naini Setalvad said, "We are all aware of the fact that antioxidants present in tea offer numerous health benefits including cancer prevention, cholesterol reduction, and protection against stroke and heart attack. But tea has more to offer and is one of the healthiest

beverages available."

"Scientists have shown a correlation between green tea consumption and reduced cancer risk, weight loss, and improved heart health. Teas are also rich in manganese and potassium, B-vitamins and flouride. More importantly teas are calorie-free and help increase your metabolism and aid in weight reduction," adds Naini.