

# WHY TEA?

**“Drink Tea with every meal -- Make tea (and water) your only drink.”**

**Dr. Eric Braverman, MD**

Tea is now thought to be beneficial as a **weight loss and anti-aging tool**. This is due mainly to the nutrients – namely the polyphenols it contains, which have powerful antioxidant properties. **Tea has absolutely no calories** (if you don't drink it with milk or sugar) **and can stimulate digestion, cleanse the body, reduce inflammation, lower cholesterol, and give you lots of energy**. These are all necessary for losing weight and reversing the aging of every part of our body.

The health benefits of drinking tea add up fast. You are flushing out of your system the toxic foods you've been eating. The nutrients in tea speed up your metabolism. Best of all, tea benefits your overall health and makes you younger.

## **Tea drinkers have:**

**A lower risk of cancer**

**Healthier intestinal flora, which inhibit bacteria**

**A lower risk of heart disease**

**Improved their glucose tolerance, preventing diabetes**

**Continuously detoxified their liver**

**Balanced brain chemistry**

## **The main types of tea all come from the same plant (Camelia Sinensis.)**

Herbal teas are not officially teas at all. The most research has been recorded for green teas. **The caffeine content in green tea can increase metabolism, decrease appetite, and provide more energy for exercise. Green tea may also reduce the absorption of dietary fats by approximately 440%**. This is accomplished by blocking the product of digestive enzymes that facilitate the absorption of dietary fats. It can also help reduce fat by inhibiting the effects of insulin so that sugars are sent directly to the muscles for instant use, instead of being stored as body fat.

**Tea is great for calming an anxious mind.** Several studies have found that L-Theanine, the predominant form of Theanine found in tea, stimulates alpha brain waves, which are associated with a relaxed but alert mental state of mind. Theanine appears to work quickly and is most effective when someone is stressed, which is why it supports GABA production. Theanine may also help enhance your attention and focus. Because Theanine helps the mind stop racing it also seems to help promote a more restful, sound sleep, which will not be

interrupted by random thoughts. (GABA controls anxiety that leads to overeating.)

## **Dopamine for your body and brain – Drink tea!**

**Without dopamine, your body and your brain will lose its spark.** You'll feel tired all the time, or just plain burned out. Worse, because you are low on energy, the fuel you are taking in as food is not getting metabolized efficiently, so it's just sitting around, accumulating as body fat. **The higher phenylalanine levels your body needs to increase dopamine are actually lowered with every cup of coffee or can of Coke, Pepsi, or Jolt you drink.** So while you'll feel more powerful and awake, the end result is negative. You are unintentionally creating a low-dopamine spiral that's making you older, sicker and fatter: **The instant fix to combat your low-dopamine levels is to drink more coffee, which then lowers your dopamine levels.** Lack of dopamine in your brain encourages the hormone cortisol to supplement your waning energy supply, leading to weight gain – especially belly fat. Without dopamine, your metabolism slows drastically and you are no longer properly burning the foods you eat. Lack of dopamine sets up an addictive personality and behavior. Healthy brain chemistry, which affects your personality and your weight, depends on plenty of dopamine. **Boost your dopamine power with tea.**

Teas are a healthier caffeinated choice than sodas or coffee because they are also high in nutrients and antioxidants. **Teas contain some caffeine but don't have the same stimulant effect as the caffeine in coffee or soft drinks.** Tea contains L-theanine, which actually helps to relax you. Black and green teas are metabolic enhancers that can help you burn calories and body fat.

**By only drinking tea and water, one will greatly improve their health. Dr. Eric Braverman, MD**

# **CALLI AND FORTUNE DELIGHT BEVERAGES – MUCH MORE THAN JUST TEA!**

## **ARE YOU ADDICTED TO CAFFEINE?**

**Coffee drinkers who suffered with heartburn and acid stomach** have eliminated caffeine fairly quickly when they start drinking Sunrider's Chinese herbal beverages, with no withdrawal symptoms, and without the energy letdown. Sunriders enjoy the mental clarity and calmness. Caffeine is so

common -- in soft drinks, tea, and coffee. Many people also find that when they give up the coffee habit, the cells in the body do not retain so much fluid, and the kidneys and liver don't have to work so hard.

So what can we do? Many people want to break away from the habit of drinking coffee and sodas, but are not able to do so. With the balancing effects of Sunrider's unique exclusive special beverages - **Calli** tea and **Fortune Delight** tea -- the decision to quit is very possible. These wonderful beverages help the body cleanse cells, clean out toxins, aid mental clarity, and reduce cravings.

**Calli and Fortune Delight** start with concentrated Camellia Sinensis but also have other whole plant herb nutrients concentrated and sprayed onto the carrier leaves. With Dr. Tei Fu Chen's owner expertise, the end result is a totally balanced food to bring harmony and balance to the body. In Sunrider's own 2 million sq. ft. California manufacturing facility, all herbs are tested and cleaned from the inside out. The herbs are also picked at their ripest moments. The soils are not sprayed with herbicides. Sunrider knows how to process the Camellia Sinensis to reduce caffeine and tannic acids, and yet retain Theanine and other beneficial nutrients. Therefore, unlike green or black tea, **Calli** has little or no caffeine effect. With Sunrider's unique concentration process, many pounds of herbs go into one pound of tea; therefore, 1 **Calli** bag can make up to ½ gallon of tea.

Catechins are naturally-occurring polyphenol nutrients found in Camellia Sinensis. These antioxidants have been shown to be **effective in absorbing damaging free radicals**. While many of the undesirable elements we take into our body are quickly eliminated, others are not. Combined with healthy eating and an exercise program, Sunrider's herbal extracts assist the body's natural cleansing processes. These herbal beverages contain potent anti-oxidant catechin polyphenols called flavonoids that researchers are discovering within green tea and black tea. Scientists are excited about a number of potential properties of these flavonoids.

**The benefits of flavonoids in green tea and black tea include:**

1. They can shut off the formation of carcinogens. (Jean Carter, The Food Pharmacy, Bantam Books, 1998)
2. They turn up the body's natural detoxification defenses. (The Food Pharmacy)
3. They are effective in suppressing the excessive accumulation of body and liver fat. (Fukuyo, Hare, and Muamatsu, NipponGakkaishi 39, 495-500 1996)
4. They are associated with lower stroke and heart attack risk. (Canton Repository; 1 March 25, 1996)

**Calli** is alkaline in the body. In an alkaline environment, impurities are less likely to be absorbed or retained. (Note: Coffee and black tea alone are both “acidic.”) Full of plant nutrients, flavonoids, catechins, and strong antioxidants, **Calli is formulated to nourish the body’s ability to cleanse the blood and cells. It is based on an ancient formula for cleansing of the body and for enhancement of mental powers.**

**Fortune Delight**, similar to **Calli** in providing anti-oxidant benefits, focuses more on digestion and a lean body. **Fortune Delight** is not just chopped up plant parts, but an instant concentrated “vegetable soup” from many specially-formulated herbs, including Camellia (green tea) Extract. **Fortune Delight** includes all the benefits of green tea antioxidants in whole food form, plus much more! With 5000 years of ancient Chinese wisdom behind Sunrider’s food combining, we can enjoy **Calli** and **Fortune Delight** as a great energy foods without the caffeine effects.