

Red & White Walk-Arounds: Delicious & Healthy Red & White Teas

Tea has been used as medicine for centuries. While green & black tea are very healthy, white tea is the least processed tea and has the highest antioxidant levels. Antioxidants help protect the body from damage by free radicals. White tea is loaded with these protective nutrients.

White tea may also have profound power against cancer-causing cells and against many different types of cancer, such as colon, prostate, and stomach cancers. Flavonoids, a class of antioxidants, inhibit the growth of cancer cells and prevent the development of new ones.

Need another reason to drink white tea? A 2004 study at Pace University concluded that white tea can help your body's immune system fight off viruses and dangerous infection-causing bacteria.

This beautiful pale tea with a sweet, silky flavour lacks the “grassy” aftertaste that is so often associated with green tea.



Raspberry tea may consist of the fruit or dried leaves of the raspberry plant. Raspberries provide high levels of vitamins and other nutrients and contain a powerful phytonutrient and antioxidant known as ellagic acid.

The Medical University of South Carolina's Hollings Cancer Center showed that the body easily absorbs ellagic acid, which contributes to cell death in certain types of cancer. Those noted as being most readily affected were esophageal, tongue, lung, colon, liver, skin and breast cancer.

Raspberries are known to help reduce inflammation and relieve pain associated with gout, arthritis, and other inflammatory joint conditions due to the presence of anthocyanins, the chemical that gives them their red colour.

Sources: www.livestrong.com, www.about.com, www.whiteteaguide.com