

Different Types of Tea

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Monday, 08 March 2010
Last Updated Monday, 08 March 2010

There are various means to keep our bodies healthy. One such example is doing physical activities like hiking, walking, jogging, cycling and even going to the gym. Another example to maintain your health is by staying away from vices like smoking and drinking and doing illegal drugs. These contain chemicals that can be harmful to the body. Lastly, sleeping well and a healthy diet can also help keep you healthy. Other than those mentioned, some people would also add dietary supplements to help boost their health; some would take herbal supplements, while others would prefer the natural way by taking herbal teas. Because unlike herbal supplements, which are usually in capsule or tablet form, teas are dried leaves of herbal plants placed in a tea bag. In addition, there are different types of tea you can select from.

When we speak of herbal tea, we usually refer to an example which is green tea. Although this is not wrong, we have to realize that green tea is not the only herbal tea available. Indeed green tea is the most widespread tea used by most of us. However, it would not be a waste of time if we got to know other types such as ginger tea which came from dried ginger root; ginseng tea, which is a very famous tea in China and Korea, lemon grass tea and many more. If you want to learn more about the different types of tea you can look it up on the net or read books about it.

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