

TEA FOR TWO?

Have you ever wondered what the big deal is about tea? There are way too many kinds of tea to keep up with the flavors and their purposes. Have you ever asked these kinds of questions about different kinds of teas? Well, let us try and explain all kinds of things about tea.

First, let's start with a quick definition: Tea is the agricultural product of the leaves, leaf buds, and internodes of the *Camellia sinensis* plant, prepared and cured by various methods. "Tea" also refers to the aromatic beverage prepared from the cured leaves by combination with hot or boiling water, and is the

common name for the *Camellia sinensis* plant itself.

There are at least six varieties of tea; *white, yellow, green, oolong, black* and *pu-erh* of which the most commonly found on the market are white, green, oolong and black. All tea are made from the same species of plant, though different varieties may be used, and the leaves are processed differently, and, in the case of fine white tea, grown differently. Pu-erh tea, a post-fermented tea, is also often used medicinally.

The American specialty tea market has quadrupled in the years from 1993–2008, now being worth \$6.8 billion a year. Similar to the trend of better coffee and better wines, this tremendous increase

was partly due to consumers who choose to trade up. Specialty tea houses and retailers also started to pop up during this period.

Tea leaves contain more than 700 chemicals, among which the compounds closely related to human health are flavanoides, amino acids, vitamins (C, E and K), caffeine and polysaccharides. Moreover, tea drinking has recently proven to be associated with cell-mediated immune function of the human body. Tea plays an important role in improving beneficial intestinal microflora, as well as providing immunity against intestinal disorders and in protecting cell membranes from oxidative damage. Tea also prevents dental caries due



In This Issue...

1. Teas
2. God's Design for our Health
3. Oh No! I've Got a Cold!
4. Cold, Flu, or Allergy: So, What Do I do?
6. Sensitivity Screenings
7. Special Offer for you
8. Recipe of the month
9. Critical Legislation that affects Supplements & Nutritionals

WE NEED YOUR HELP!!

We are always looking for more information to share with everyone that would be of benefit. We are asking all of you to send us your information so we can put it in our newsletters each month to share it with everyone. We would love the following:

- Your favorite healthy recipe (as many as you like to send)
- Health and fitness information
- New strategies or concepts in natural healing
- Success stories of healing or miracles from God

If you could send us some of this information, we would be glad to share it with everyone. When you send us something, please tell us if you want us to share your name with it as well. If you want to remain anonymous, that's fine, just tell us. Thank you for your assistance with this, and we hope to make this newsletter more relevant and personal to everyone who reads it. Thank you very much everyone.

to the presence of fluorine. The role of tea is well established in normalizing blood pressure, lipid depressing activity, prevention of coronary heart diseases and diabetes by reducing the blood-glucose activity. Tea also possesses germicidal and germistatic activities against various gram-positive and gram negative human pathogenic bacteria. Both green and black tea infusions contain a number of antioxidants, mainly catechins that have anti-carcinogenic, anti-mutagenic and anti-tumoric properties.

Here is a guide to help you prepare tea correctly for maximum benefit.

Black tea

The water for black teas should be added near boiling point 99 °C (210 °F). Many of the active substances in black tea do not develop at temperatures lower than 90°C (195°F). For some more delicate teas lower temperatures are recommended. The temperature will have as large an effect on the final flavor as the type of tea used. The most common fault when making black tea is to use water at too low a temperature. Since boiling point drops with increasing altitude, this makes it difficult to brew black tea properly in mountainous areas. It is also recommended that the teapot be warmed before preparing tea, easily done by adding a small amount of boiling water to the pot, swirling briefly, before discarding. Black teas are usually brewed for about 4 minutes and should not be allowed to steep for less than 30 seconds or more than about five minutes (a



process known as *brewing* or *mashing* in Britain). It is commonly said that a steeping time above five minutes makes the tea bitter (at this point it is referred to as being *stewed* in Britain), but in reality the precise time depends on a number of factors,

such as the type of tea and the water quality, and bitterness can occur as early as three minutes, or not at all even after prolonged steeping. When the tea has brewed long enough to suit the tastes of the drinker, it should be strained while serving. The popular varieties of black (red) tea include Assam tea, Nepal tea, Darjeeling tea, Nilgiri tea and Ceylon tea.

Green tea

Water for green tea, according to most accounts, should be around 80 to 85 °C (176 to 185 °F); the higher the quality of the leaves, the lower the temperature. Hotter water will burn green-tea leaves, producing a bitter taste. Preferably, the container in which the tea is steeped, the mug, or teapot should also be warmed beforehand so that the tea does not immediately cool down. High-quality green and white teas can have new water added as many as five or more times, depending on variety, at increasingly high temperatures.

Oolong tea

Oolong teas should be brewed around 90 to 100 °C (194 to 212 °F), and again the brewing vessel should be warmed before pouring in the water. Yixing purple clay teapots are the traditional brewing vessel for oolong tea. For best results use spring water, as the minerals in

spring water tend to bring out more flavor in the tea. High quality oolong can be brewed multiple times from the same leaves, and unlike green tea it improves with reuse. It is common to brew the same leaves three to five times, the third steeping usually being the best. Premium or delicate tea. Some teas, especially green teas and delicate Oolong teas, are steeped for shorter periods, sometimes less than 30 seconds. Using a tea strainer separates the leaves from the water at the end of the brewing time if a tea bag is not being used. However, black Darjeeling tea, the premium Indian tea, needs a longer than average steeping time. Elevation and time of harvest offer varying taste profiles, proper storage and water quality also have a large impact on taste.

Pu-erh tea (or Pu'er)

Pu-erh teas require boiling water for infusion. Some prefer to quickly rinse pu-erh for several seconds with boiling water to remove tea dust which accumulates from the aging process. Infuse pu-erh at the boiling point (100 °C or 212 °F), and allow to steep for 30 seconds or up to five minutes.



GOD'S DESIGN FOR OUR HEALTH

Have you ever taken a close look at what God has instructed Israel to do in order to obtain optimal health and happiness? Once you discover what God is up to with His instructions on what to eat, you can't help but thank and praise Him for his wisdom.

Let me give an example of His wonderful design for our health. This comes from the book of Leviticus: **These may you eat of all that are in the waters: whatever has fins and scales in the waters, in the seas, and in the rivers, that may you eat. All that don't have fins and scales in the seas, and in the rivers, of all that move in the waters, and of all the living creatures that are in the waters, they are an abomination to you. (Leviticus. 11:9-10)**

According to this passage, catfish are unclean because it has no scales. God had a heavenly plan in mind with this command to keep us healthy. Catfish are known as bottom feeders. They are known to swim in muddy, dirty, and unclean places eating anything and everything they can put into their mouth. It is a scavenger that eats things that are poisonous and toxic. God told us not to eat them because they are unclean, imagine that! Isn't it amazing that everything that God instructed Israel not to eat was for health reasons? Unclean meant unhealthy. God has given man all the instructions he needs for his health and well being if we would take the time and look at it all. God gave Adam every plant, tree, herb, bush, seed, and flower to benefit man with his health and vitality from the garden of Eden. We now understand what God was doing and call this God's natural healing way. This includes a bunch of fields of studies like, homeopathy, herbs, naturopathy, etc. God has blessed us with His instructions and directions for our health and spiritual well being. All we have to do is listen, believe, and do.



Love & Blessings.

Steve Wright

A handwritten signature in blue ink that reads "Steve Wright". The signature is written in a cursive, flowing style.

OH NO! I've Got a Cold!!!

This is the time of the year for that nasty cold. The following information is from the book *Your Health...Your Choice...* By Dr. M. Ted Morter, Jr., M.A., page 41-42.

"A runny-nose, watery-eye, miserable cold isn't a bad thing because it is an in-



ternal cleansing process. Your body will do everything it can to maintain its steady state of [homeostasis](#). It's first line of defense against unwanted or unnecessary visitors is dilution. Diluting substances the body doesn't need renders them less harmful. The body will either dilute or try to evict harmful or unnecessary substances. One method of

removing unwanted or toxic materials from the body is the common cold. A cold may make you feel rotten, but the cold itself serves a purpose. Your body is getting rid of toxins that can threaten your survival. As long as you can develop a good cold, your body is still able to fight. I've never known of a person in the final stages of cancer to have either a cold or a fever."

"The fever that sometimes accompanies a cold and other ailments is another ingenious method of cleaning out the body. Fevers kill off intruders. Pathogenic bacteria fare best in a temperature of about 98.6° Fahrenheit. Consequently, a controlled fever (up to 104° F) can dispatch germs, burn off toxic material, and allow the body to resume its regular routine. Both science and culture acknowledge that fevers serve a health-restoring purpose; however, the pesky cold hasn't yet been awarded this status."



"It isn't at all uncommon for colds to be more prevalent when fresh fruits and vegetables become more available and affordable in the late spring or summer. Eat a batch of watermelon or other fresh fruit and, unless you are walk-on-water healthy to begin with, you can be almost assured of coming down with that most bothersome of minor maladies—a 'summer cold'".

"Nevertheless, colds serve much the same purpose as fevers; they clean out unwanted toxins. Diet may be the instigator of a constant succession of colds. High protein intake continually dumps toxins into your system, and your body will tolerate only so much accumulated toxin before its saturation point is reached. A good cold is one way to clean out some of the mess."

"Cold symptoms can also be brought about by improving your diet too quickly and giving your

Cold, Flu or Allergy?

Since the common cold, influenza, and seasonal allergies all cause upper respiratory symptoms, it can sometimes be difficult to distinguish among them. There are certain notable differences,

Characteristics	Cold	Influenza	Seasonal Allergies
Chest infection or cough	Common. Mild to moderate	Common. Can become severe. Pneumonia is a common complication.	Rare.
Fever	Rare (except in young children)	Usually high (102°-104°F). May last 3-4 days.	Not Present.
General aches and pains	Mild	Usual. Can be severe.	Rare
Headaches	Flare.	Common.	Rare.
Sneezing/red, watery, itchy eyes	Usual, but more prevalent in allergies.	Rare.	Usual, especially sneezing. These symptoms come on quickly, without the warning signs of a cold, and can last longer.
Sore throat	Usual.	Occasional.	Occasional.
Stuffy nose	Usual.	Occasional.	Occasional.
Tiredness	Mild.	Severe.	Rare.
Primary season	Late August-April.	Winter.	March-September.
Duration	7-10 days	Up to a month.	As long as the allergen is present.

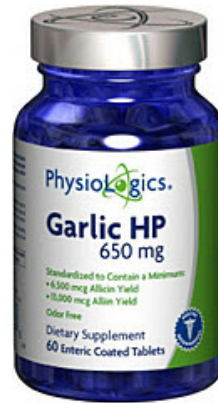
So, What Do I Do?

For allergies, unless you know specifically what the allergen is, you will need to do some type of Sensitivity Screening to find the specific problem, whether Environmental or Food.

With a Cold, the following protocol would be recommended:

- A **homeopathic remedy**, Cold HP for relief of symptoms of the common cold/indicated for nasal congestion, runny nose, sneezing, sore throat, fever, chills and/or discharges
- An **Herbal Combination** to soothe throat and mucus membranes, calm cough, and fight fever and chills.
- **Vitamin C with bioflavonoids**—5,000-20,000 mg. Daily in divided doses to fight cold viruses.
- **Garlic**—2 capsules 3 times daily as a natural antibiotic and immune system enhancer.
- **L-Lysine** to aid in destroying viruses and preventing cold sores in and around the mouth. Take 500 mg. Daily, on an empty stomach. Take with water or juice. Do not take with milk. Take with vitamin B6 and Vitamin C for better absorption.
- Drink lots of water, get bed rest, a health diet, and plenty of fluids. Sipping hot liquids such as herbal tea, vegetable, chicken or turkey broth is beneficial. Move around to help loosen built-up mucus and fluids. Unless a fever is present, a brisk walk or other moderate exercise should make one feel better. Try not to spread the cold to family or colleagues. Refrain from close contact with others ...even shaking hands. Wash hands frequently.

*Taken from **Therapeutic Guide, A Written Aid for the Healthcare Professionals** by **Energique, Inc.**; **Prescription for Nutritional Healing 4th Edition** by **Phyllis A. Balch, CNC***



Garlic HP

650 mg | 60 Enteric Coated Tablets

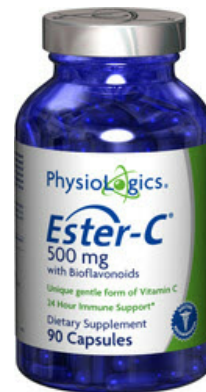
Standardized to Contain a Minimum:

- 6,500 mcg Allicin Yield
- 13,000 mcg Alliin Yield

Odor Free

Product #006048

Regular Price: \$10.20



Ester-C® with Bioflavonoids

500 mg | 90 Capsules

Unique Gentle Form of Vitamin C

24 Hour Immune Support*

Product #055081

Regular Price: \$15.50



L-Lysine

1000 mg | 60 Tablets

Used for the health and integrity of the skin.*

Product #006011

Regular Price: \$8.90

Thanks for getting your nutritionals from us!

We almost always have these things in stock.

Sensitivity Screenings on the VANTAGE

This is a good screening for environmental and/or food sensitivities.

A sensitivity screening looks for substances that you may encounter in your physical environment to which you have an abnormal sensitivity (in other words, a sensitivity which most people do not experience.)

These stressors include such things as foods, chemicals, animal hair, trees, weeds, or heavy metals and may produce a delayed reaction such as joint and muscle pain, behavioral abnormalities, headaches, depression, insomnia, and many others. Any organ system can be affected by a sensitivity reaction and, because of this, people may have chronic complaints that will be and will remain permanent because the sensitivity is

unknown or undetectable by standard testing methods. If you have a history of allergies or a suspicion that you may have allergies, or if you experience frequent colds, flu, or other illnesses, this is an indication that your immune system could be weakened, which may be due in part to food or environmental sensitivities.

I will be available to take screenings on Tuesday mornings and Wednesday mornings. Steve will be available to take them on Thursdays.

The cost of the screenings is \$120.00 for nonmembers and \$60.00 for members. You will receive a printout of the testing and, if you wish, we can try to find products that will assist with your sensitivities.

You can call the office at (931) 358-2277 to make an appointment.

Please remember that whenever you make an appointment, that time is reserved for you and if you can't make it, please call so that someone else can be placed in that time. The sessions will last at least 1-1/2 hours and we will only do one person at a time. We look forward to hearing from you.



Special Offer!



Price Cut!

Whenever you call before the end of March and schedule an appointment, you will save \$10.00! You don't have to come in March, but you need to call and schedule the appointment.

To Let You Know....

Several people have told me that I should not have reduced the cost of the remedies whenever Dr. Tillman passed away. I was so upset at the time and that was just my way of thanking you for sticking with me. I have evaluated my income and it has dropped tremendously and so, if it does not cause anyone a problem, I will go back to the regular price of the remedies the first of April. However, IF IT IS A PROBLEM FOR YOU PERSONALLY, PLEASE PLEASE LET ME KNOW!!!! I can help you this way by letting it remain for you. I am just so ever thankful and blessed that you have continued to reorder refills and the nutritional sales have helped me tremendously. I could not have sustained everything without these. Again, my deepest gratitude and Larry would be so grateful to each of you. — Marie

Recipe for the Month

Chicken Meatball Chili Soup Recipe

By Peggy Trowbridge Filippone,
About.com Guide

Â© Peggy Trowbridge

The ingredient list looks long, but this soup is pretty easy to make. Herbs and spices transform boring

ground chicken to bites of delight, bursting with flavor. Kids love the little meatballs. It

tastes even better the next day so feel free to make it ahead.

Prep Time: 30 minutes

Cook Time: 15 minutes

Ingredients:

1. 1-1/2 pounds ground chicken
2. 1 Tablespoon chopped fresh oregano or 1 teaspoon dried oregano crushed between hands
3. 1 Tablespoon chopped fresh cilantro
4. 2 Tablespoons chopped fresh parsley
5. 1/2 cup grated Parmesan cheese (not canned)
6. 1/2 sweet onion, finely minced (about 1 cup), divided use
7. 4 medium cloves garlic, finely minced, divided use
8. 2 teaspoons anchovy paste or 2 anchovy filets, finely minced (see Note)



9. 1 Tablespoon Dijon mustard
10. 1 egg, slightly beaten
11. 2 Tablespoons heavy cream
12. 1/2 teaspoon chili powder
13. 1/4 teaspoon ground cumin
14. 1 teaspoon kosher salt
15. Freshly ground black pepper to taste
16. 1/2 cup finely-crushed tortilla chips
17. 2 teaspoons olive oil
18. 1/2 cup white wine
19. 3 cans (14 ounces each) chicken broth, or homemade
20. 1 teaspoon chili powder (or more to taste)
21. 1/2 teaspoon ground cumin
22. 1 teaspoon dried oregano, crushed between hands
23. Salt and freshly ground black pepper to taste
24. 1 can (14.5 ounces) diced tomatoes, with liquid
25. 2 small cans (4.5 ounces) chopped mild green chiles, with liquid
26. 1 can (14.5 ounces) small white beans, with liquid
27. 1 can (14.5 ounces) pinto beans, with liquid
28. 1 cup frozen corn kernels
29. Hot sauce to taste
30. Tortilla chips and fresh cilantro for garnish

Preparation:

In a large bowl, combine ground chicken, oregano, cilantro, parsley, Parmesan cheese, half of the sweet onion, half of the garlic, anchovy paste, Dijon mustard, egg, heavy cream, chili powder, cumin, salt, pepper, and crushed tortilla chips. Mix gently with your hands, being careful not to overwork the meat. Form into 1-inch meatballs and set aside.

Heat a large heavy stock-pot over medium heat. Add olive oil, remaining onion, and remaining garlic. Gently saute until onions are translucent. Add white wine and cook 1 minute, stirring often. Add chicken broth, chili powder, cumin, oregano, salt, and pepper. Bring to a low boil.

Gently drop chicken meatballs into simmering liquid. Cook over medium heat for 5 minutes, stirring occasionally. Stir in diced tomatoes, chiles, white beans, pinto beans, corn, and hot sauce to taste. Return to a simmer and cook for an additional 5 minutes.

Garnish Chicken Meatball Chili Soup with crushed tortilla chips and fresh cilantro. Serve with tortilla chips around the outside of the bowl.

Yield: 6 to 8 servings

Note: Please do not omit the anchovies. You will not taste them at all, but they give an incredible flavor boost to otherwise bland ground chicken.

Chicken Meatball Chili Soup Recipe Photo Â© 2006 Peggy Trowbridge, licensed to About.com, Inc.

<http://homecooking.about.com/od/soups/r/blss174.htm>

Mothers are said to always be right, and, in the case of eating chicken soup to help get rid of the common cold the evidence may just support the claim. The common cold, or acute viral nasopharyngitis, is caused by a variety of viruses, including the rhinoviruses, which affect the upper respiratory system in humans. The symptoms include the initial sore or scratchy throat followed by a runny nose, congestion, sneezing, and coughing. More severe cases include fevers, muscle aches, fatigue, headaches, and extreme exhaustion. These can persist for about two weeks. These viruses cause infections of the mucosa in upper respiratory tract, which causes a cascade effect in the body that ultimately activates an inflammatory response involving neutrophils. Neutrophils are the most abundant type of white blood cell; they are responsible for the phagocytosis (the process of engulfing and destroying) of foreign agents. Research has been conducted that supports mother's notion that eating chicken soup to relieve the symptoms of the common cold in an anti-inflammatory manner, but its absolute curative powers remain somewhat unclear.

<http://healthpsych.psy.vanderbilt.edu/2008/ChickenSoup.htm>

We Must Protect Our Freedom of Choice to Our Supplements & Nutritionals

I received the following email and we all need to contact our representatives and Senators to STOP THIS BILL!!

Hello Everyone, Please read the info below. This is a very important piece of legislature that could severely limit our access to supplements that we take every day. If you feel inclined, please contact your representatives and pass this along.

Senator McCain Files New Bill That Attacks Your Access to Supplements and Repeals Key Sections of the Dietary Supplement Health and Education Act

TAKE ACTION AND TELL YOUR SENATOR NOT TO CO-SPONSOR THIS BILL

Senator McCain's bill is called The Dietary Supplement Safety Act (DSSA). It would repeal key sections of the Dietary Supplement Health and Education Act (DSHEA). DSHEA protects supplements if 1) they are food products that have been in the food supply and not chemically altered or 2) if they were sold as supplements prior to 1994, the year that DSHEA was passed. If a supplement fits one of these two descriptions, the Food and Drug Administration (FDA) cannot arbitrarily ban it or reclassify it as a drug.

These protections are far from perfect. They discourage companies from developing new forms of supplements. New supplements may be arbitrarily banned by the FDA or adopted by drug companies in a way that precludes their further sale as supplements.

McCain's bill would wipe out even the minimal protections contained in DSHEA. It would give the FDA full discretion and power to compile a discreet list of supplements allowed to remain on the market while banning all others.

Everyone knows that the FDA is friendly to drug companies (which pay its bills and provide good revolving door jobs) and hostile to supplement companies. Under this bill, this same Agency could quite arbitrarily ban any supplement it wished or turn it over to drug companies to be developed as a drug and sold for multiples of its price as a supplement.

The FDA will like this because it believes that it can more easily control a few industry giants. But isn't it more likely that the industry giants will eventually gain control over the FDA?

The FDA is already misusing the adverse event reporting process that exists. Drugs rack up thousands of adverse event reports without any action. Just recently, the FDA yanked from the market a supplement product based on just a couple of alleged adverse event reports without even allowing the company (an old and respected firm) to provide any counter-evidence or counter-argument.

The bill also allows the FDA to yank a product (at the company's expense) if there is a "reasonable probability" that it is "adulterated" or "misbranded". Let's remember that "adulterated" could mean there is a minor record keeping error on the producer's part and "misbranded" can mean that the producer simply tells the truth about the product. An "adulterated" and "misbranded" supplement in Orwellian FDA speak may actually be both completely safe and effective.

We must prevent this bill from gaining traction! Protect your access to supplements by contacting your senators today and asking them NOT to co-sponsor the Dietary Supplement Safety Act but rather to oppose it.

TAKE ACTION

McCain's Dietary Supplement Safety Act (DSSA) appears to be supported by the US Anti-Doping Agency (USADA) which is funded by major league sports teams including baseball, football and others. The recent suspensions of NFL and other professional sports figures is much in the news, and the goal of the sports industry appears to be to shift the spotlight from their players to the supplements industry. In his comments, Senator McCain cited six NFL players recently suspended for testing positive for banned substances and purportedly exposed to these substances through dietary supplements.

The problem here of course is one of illegal sale and use of steroids. So why dismantle the supplement industry in order to control already illegal substances?

The FDA currently has complete and total authority to stop illegal steroids and, more broadly, to regulate dietary supplements. If the agency were doing its job, it could and would have prevented the sale of illegal steroids. The answer to this problem is not to give FDA more power. The Agency simply needs to do its job.

TAKE ACTION

Why would a bill be offered to solve an illegal steroid problem that does not really address the steroid problem but instead gives the FDA complete and arbitrary control over all supplements? The answer is simple.

There are a lot of vested interests which are threatened by supplements. Drug companies do not like them because they represent a low cost, safer, and often more effective alternative to drugs. The FDA does not like them because supplements do not come through the FDA approval process and therefore do not support the FDA budget.

Why not simply require that supplements be brought through the FDA's drug approval process? Wouldn't that create a level playing field?

That is probably the argument that Senator McCain has been sold. But it is a completely false argument. The FDA drug approval process costs as much as a billion dollars. It is not economically feasible to spend such vast sums on substances that are not protected by patent, and natural substances cannot legally be patented.

This is the great "Catch 22" of American medicine. The FDA, which is supposed to guard and promote our health, is hostile to the kind of natural medicine—based on diet, supplements, and exercise—that represents the real future of healthcare. The Agency has either been captured by drug interests or is trapped in a catastrophically expensive, toxic, and ineffective patented-drug model.

Senator McCain has no doubt offered this bill in good faith. But he has been sold a bill of goods by special interests. And he has been naïve enough not to know that he is being used.

TAKE ACTION

This exceptionally bad bill also requires the reporting of all minor adverse events related to supplements. This is in addition to the already existing requirement to report adverse events. This will further stack the deck against small supplement companies by creating new, unnecessary, even more cumbersome, and of course very expensive administrative hurdles. The result: the consolidation of the supplement industry into a few big companies. If passed, this bill will likely result in the disappearance from store shelves of many supplements currently on the market. In addition to fewer supplements, there would likely be much lower doses available. Unbridled authority would be handed to the FDA, an agency that needs a top to bottom overhaul, not ever more power over our lives.

If McCain's bill passes, we can look to Europe for a snapshot of what we may be in for: EFSA, the European Food Safety Authority, has sharply reduced the list of available supplements and is in process of reducing potencies to ridiculous levels, such as less beta carotene than can be found in half of a large carrot. Europeans already look to the US to obtain their dietary supplements. If this bill passes, where will we obtain ours?

Please take action immediately. Tell your senators NOT to co-sponsor this legislation and to do everything in their power to defeat it. Then forward this to your friends and family and ask them to do the same!