

Health Benefits of Tea

Slim your waist, see smoother skin, improve mental alertness, and strengthen your immune system.

Control Blood Pressure with Hibiscus Tea

Tea brewed from hibiscus flower buds may help keep your blood pressure in check.

Improve Mental Alertness: Iced Green Tea

Feel a bit scatterbrained? Make yourself a big jug of sun tea.

Preventing Alzheimer's: Health Tip

Which is better for your brain -- a glass of juice or a cuppa tea?

Slim Your Waist with Green Tea

Turn a routine workout into a powerful waist-whittler with green tea!

Sip Black Tea to Lower Parkinson's Risk

If you choose this color of tea, you may *really* do your brain a favor.

Iced Teas: Better Than Hot?

Drinking your tea chilled may be doing your throat a *big* favor.

Home Remedies for Colds: Sip Hot Tea

Your cupboard holds a quicker way for you to feel better.

Lower Blood Sugar with Black Tea

Powerful chemical compounds in tea may do your blood sugar some good.

* Source Prevention magazine