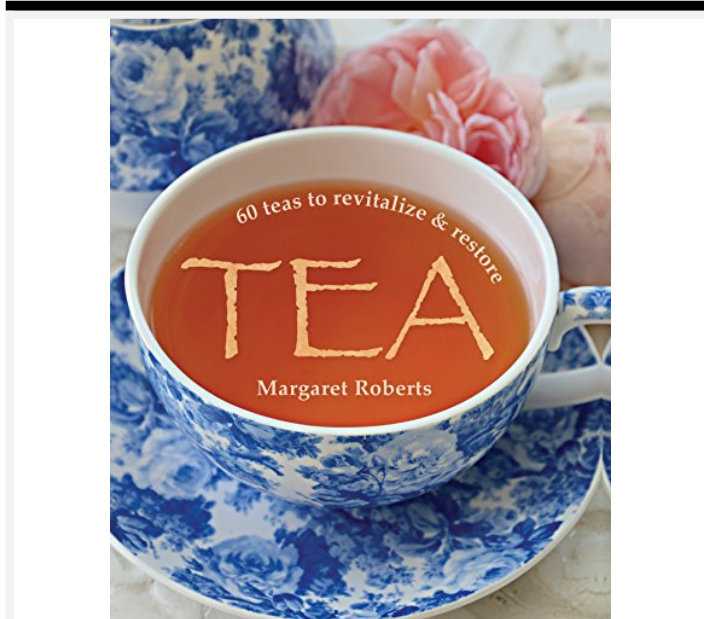


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## PDF Tea: 60 Teas to Revitalize & Restore - Read Online

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### Book detail

- Title : PDF Tea: 60 Teas to Revitalize & Restore - Read Online
- isbn : 1775842045



### Book Synopsis

Tea is one of the most widely consumed beverages in the world, second only to water. It can be drunk hot or cold, and can be made from the traditional tea plant or any number of herbs and spices, many of which have remarkable healing properties. In this beautifully designed book, herb expert Margaret Roberts explains how to make a perfect, delicious cup of tea that is also healing and refreshing. The teas are presented in alphabetical order according to their principal ingredient, the therapeutic values of which are explained. This charming, informative book is perfect for anyone interested in health, wellness, and using natural remedies to enhance their wellbeing.

