Article Side

Chinese Herbal Tea for Healthing by Catherine

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Chinese herbal teas are considered to be part of the sum total of Chinese medical theory and practice, referred to as Traditional Chinese Medicine, or TCM. Unlike the West, where scientific investigation produced a powerful body of knowledge and careful correlation of theory and fact, TCM is a loose collection of accumulated and practical lore considered proven by the test of time. For the Chinese, tea from the leaves of the Camilla Sinsensis tree is a unique and perfect drink that slakes the thirst and eases the minor sufferings of the body. There are entire books of poetry dedicated to the varieties of green tea and its cousins, black tea and oolong tea! Chinese herbal teas, however, are placed almost entirely in the "medical" category.

Chinese herbal tea is renowned the world over since the key as a significant remedy amongst the a lot of Chinese herbal remedies. It is normally a black or dark brown liquid that is produced from different Chinese herbs. It is typically produced inside a province in southern china called Guangdong. Though tea leaves are seldom employed inside the generating of Chinese herbal tea, the sweetness depends upon the type of leaves used of which most have a slightly bitter taste. It's because of the high temperatures of the areas in which the Chinese tea is made that the tea is in most cases taken cold. The Chinese individuals call it "cooling tea" inside the Chinese language.

Tea comes in all kinds of varieties and flavors, while herbal tea is one type. It is a generic term used for any beverage made by steeping flowers, roots, leaves, and bark from plants other than Camellia sinensis, the tea plant. Many cultures make their own special varieties of herb tea, and a wide assortment of the products are available in most markets and natural food stores. Of course, you can also make your own if you are familiar with botanical ingredients.

In some cultures, Chinese Herbal Tea is an important part of medical practice. Many people enjoy it as an alternative to regular tea, since it is caffeine free and it does not usually have the tannins which make true tea bitter. Types Herbal tea does not come from the Camellia sinesis plant and are not really tea at all. They are infusions of different botanicals, such as non-tea tree leaves, roots, berries, fruits and seeds, with hot water. Since the plants used in making it do not contain caffeine, the teas are naturally caffeine free.

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