

Natural Healing Express Weekly

Column Volume 175 Secrets of Tea

For those of you who love tea, this article will give you even more reason to enjoy this wonderful concoction. For those of you like tea in a “not so much” kind of way, I hope you will find our information insightful and at least give a good tea another shot.

There is an ancient Chinese proverb that says: Better to be deprived of food for three days than of tea for one.

Tea has been enjoyed across the world for hundreds of years. Tea is a reliable method of helping to aid a variety of ailments. Tea can be utilized to aid with sleep and also to wake you up quite quickly in the morning. Specific examples of the power of tea are such:

Sage tea in the middle of the afternoon can assist in making you feel like your day has just begun.

Peppermint tea can ease pain and help to relieve both headaches and stomach aches.

Rosemary tea on the scalp can help to stimulate hair growth.

Thyme tea, long considered a powerful antiseptic herb aids in healing infections, infectious diseases and septic conditions.

Chamomile tea in the bath can be very relaxing and does wonders for the skin.

There are many references to herbs and oils (what we consider Natural Healing tools) in the Bible. And perhaps one of my favorites is from Ezekiel 47:12 which states, “And the fruit there shall be for meat and the leaf for medicine.” Deep in my heart, I have always believed that what God has put on this Earth with our plants and herbs is meant for our healing. And daily, I pray for the knowledge and the strength to use what we are given.

Many of the pharmaceutical drugs on the market today have their origins in natural plants. And, there are more discoveries being made every year. One source that is becoming quite interesting of late is the plethora of natural vines and plants in rain forests. It seems like each one was so uniquely created that if we only pay attention, we will find answers.

So, in finding more answers, we need to take a look at the history. Legend has it that in ancient China in 2737 BC, Emperor Shen Nung was kneeling before a fire while heating water. Apparently at that moment, a wind came up and down flew leaves from a branch into the boiling water. The aroma was so strong that the Emperor decided to take a taste from the pot. What occurred next is what Legend says produced green tea. The leaves in the Emperor’s pot were from a black tea shrub and when fermented they produce oolong or black tea; however when they are brewed fresh they produce a wonderful green tea. This green tea contains a potent antioxidant called catechin, which is a bioflavonoid with anti-bacterial and anti-cancer properties.

This also began Chinese Herbology as the Emperor then authorized a member of his court to begin studying the healing properties of herbs. Legend on this part of the story says that the newly appointed Herbalist studied and became familiar with over 100,000 healing properties of herbs. As he grew old, he passed on approximately 80,000 secrets before his demise. On his deathbed, his son begged for the remaining 20,000 secrets and he told his son to visit his grave on the 5th anniversary of his death.

When his loyal son did as his Father directed; he found a black tree shrub growing on the grave. This Legend provides for how many possibilities for healing the black tree shrub provides. It has sailed on clipper ships and trade routes.

In 1559 a merchant from Persia told a Venetian scholar about being in China drinking tea. By the 1600's the Dutch East India Trading Company was bringing ships of the black tree shrub to Venice and many other parts of Europe.

And, don't even get me started on the Boston Tea Party as I am yet a little sensitive to my Colts losing to those blankety-blank-blank Patriots. But carry on. And come see us, even if you don't like black tea, we will find a flavor you will enjoy.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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