



Tea Time

by Josie Padro

“There is no trouble so great or grave that cannot be much diminished by a nice cup of tea.”

—Bernard-Paul Heroux



A tea break can be a small oasis of time that you can take for yourself, an opportunity to restore your energy. Sipping a cup of tea not only gives your mind a break, but it can give your body a healthy dose of flavanoids, which have been found to prevent heart disease.

Tea comes in a whole range of forms—from those “steeped” in tradition, orange pekoe or Earl Grey, for example, to rooibos teas which have recently grown in popularity. Grocery and specialty tea shops are also stocking their shelves with green teas and a huge selection of herbal teas.

Enjoy your break!