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TEALOVE CAFE

AN AUTHENTIC INDIAN CHAI FROM THE TOWN

A Monthly Newsletter for The Tealove Cafe Customers



**A SNEAK PEEK OF
WHAT'S INSIDE:**

*A Look at Our New Tea
Flavors Menu*

10 Tea Flavors to Cozy Up With This Year

WRITTEN BY RADHIKA RANPARIA

India is the top tea maker on the planet, delivering upwards of 1 billion kilograms of tea every year. It is the fourth biggest in tea trades, behind Kenya, China, and Sri Lanka, separately. Around the world, Black tea is seeing an inexorably more popularity, which sets the renowned dark teas of India in a decent position. China stays the innovator in the creation of green tea.

In Canada, the preparation and ingredients aren't the main varieties. Throughout the long term, the name "masala chai" moved to "chai" or even "chai tea." This is somewhat deceptive, notwithstanding. Since "masala chai" signifies "flavored tea", "chai" just signifies "tea". More terrible yet, "chai tea" would mean "tea".

Tea Flavors to Boost Your Brain Health

WRITTEN BY RADHIKA RANPARIA

Gotu Kola is an old spice which has been a pillar in Ayurvedic and Chinese natural medication. Well known for further developing blood course and wound recuperating, it is additionally useful for upgrading mental functioning. Green Tea, Ginger Tea and Turmeric tea also provided several health benefits.



Bacopa Tea is an Ayurvedic medication staple tea. Other than containing incredible cancer prevention agents, it is likewise a famous nootropic which, concentrates on show, can further develop data maintenance and spatial learning. It can likewise help in the decrease of consideration deficiency hyperactivity problem (ADHD) indications. These indications incorporate fretfulness, impulsivity, discretion, and mindlessness. Drinking bacopa tea may likewise help in the counteraction of stress and uneasiness. This is expected to bacopa being an adoptogenic spice, which helps increment your protection from stress.

Wherever you are drinking your tea, whether at work, in the cafe or at home, it is wonderful to allow enough time to appreciate it