

## A Summer Beverage that's Yummy and Healthy

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EXTRA EXTRA!

Put down that ice-cold yucky aspartame-filled Diet Coke. You've heard it over and over, Green Tea is amazing, and it's true. This is one trend that's here to stay and we're loving it these hot summer days!

Summer Twist: Add some fresh lemonade to a glass of iced green tea



Did you know? :

- Unlike that Diet Coke or your daily cup of Joe, naturally caffeinated green tea has almost no side effects
- Green tea has been cited as a weight loss aid
- Green tea is a proven stress-beater, according to research conducted by the University College London.
- Green tea has great medicinal properties, helping treat respiratory problems, liver damage, headaches, poor digestion, improved general well-being and life expectancy
- The most expensive tea in the world is a rare Chinese blend of green and black teas called Tieguanyin. The leaves are priced at \$1,500 US/lb!