

Tea & Trumpets www.irenes-teas.com

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Irene's Teas, etc... since 1998

All products and services are available on our secure on-line web site: irenes-teas.com

Enjoy our new web site look and take a tour of the tealeaf from harvest to your cup of enjoyment.

Tea Club Gift Membership is on our special introductory price now until Nov.5th. Read about it on Irene's Corner and complete all your gift shopping in one place

We ship anywhere for you and offer a 10% discount to orders shipped to military APO addresses.

Teatime Together & NEW Tea Club

Enjoy your teatime with friends and family anytime in your home. Easy teatime recipes are included in my book, *TEATIME TOGETHER* along with the fascinating 5,000 year history of tea enjoyment and hospitality. You may order your book on our web site or consider a gift occasion for our new *TEA CLUB*. The book is included with 12 special tea selection sent to you or in your name to a special person. Four

packages arrive a year, each containing three new tea selections.

This is a truly wonderful way to be remembered all year as a thoughtful friend and associate. Consider this for friends, family, and business associates. You make the choice for a variety of teas, black tea choices only, green and oolong choices only, or herbal tisane "tea" varieties only. See the web site for special details.

Tea Tastings at Perkins

Perkins Family Restaurant in McPherson, Kansas is now serving selections of Irene's Teas regularly with their menu. They have chosen to feature, Irene's Blend, American Chai, Darjeeling Green, Bamboo Green, and Star of Africa Rooibus Tisane selections. When you enjoy their hospitality, please remember to thank them for caring about the quality of tea enough to present Irene's Teas.

In cooperation this fall, we will feature a tea tasting event and an Afternoon Tea "high" Tea each month by reservations.

Tea Tastings are a fun way for you and your friends to learn and experience six kinds of tea. All 8,000+ varieties of teas are harvested from one true tea plant in 42 countries.

To Your Health

Share and update information with your health care provider

As a scientist, I don't often tout studies about the health properties of tea leaves. I would rather have you enjoy the relaxation and experiences of tea together; however, more and more peer-reviewed information is available about drinking 5 - 6 cups of tea a day for improved health and support of the body's immune system. A recent peer-reviewed article has shown that tea properties destroy colon cancer cells and inhibit cell migration and invasion. Read the research by Huang, H-C, Chen et al. in the *Journal of Food Biochemistry* (2008). *Ammonium hydroxide extracts from black tea inhibit growth, migration and invasion of colon cancer cells.* Vol 32. pp 201-215.