

# The Good Life

The Newsletter for the Good Life People

March 2007

## Doctor's Notes: "It's Tea Time!"



Dr. Manfred Alkhas

Almost thirty years ago, when I first came to the US, there were hardly any choices for us tea drinkers. Lipton was the black tea and no one knew about oolong, white tea, or even green tea. Three decades later one can see dramatic changes in the coffee/tea isles of our grocery stores. Tea is becoming a trendy drink and many are learning about its numerous health benefits. Teas are broken down in to six categories of black, green, oolong, China whites, Keemun, and "tisanes" or infusions. Black teas are oxidized; this means that the leaves are exposed to the air for a specific length of time. These reactions change the leaves' color from green to copper and intensify their flavor until it is rich and complex (Earl Grey, English Breakfast and Darjeeling). Green teas are merely withered and dried. This type of tea is generally subtle and pale, with a slightly bitter taste (Lung Ching, Bancha and Sencha). Green teas are usually not part of the afternoon tea but very much enjoyed after a sweet desert. Oolong teas are a combination of green and black leaves that are partly fermented (Black Dragon and Pouchong). Because of its slight fruity taste, milk, lemon and sugar is not added to this tea. This tea can be enjoyed with many different types of meals. White teas are simply steamed and dried, providing light, fragrant brews (Flowery White Pekoe, Silver Needles and Noble Beauty). The taste of white tea is very mellow with a hint of sweetness. This tea is not usually enjoyed with meals. Keemun is a black tea made in China. It has a a very subtle and complex taste. It can be enjoyed alone or with sugar and milk. It is considered by many to be the "burgundy of teas". Infusion teas are herbal teas created primarily for their medicinal qualities such as Ginger Root, Chamomile and Peppermint teas. Their taste may vary quite a bit depending on their contents. Teas are known for their medicinal powers. Black teas are full of anti-cancer agents, green teas carry anti-oxidants and Infusion teas carry variety of pharmacological properties. Ginger root tea is used to enhance blood circulation, and fight against infections such as cold and flu. Chamomile enhances immune system, Peppermint tea improves digestion and many enjoy its qualities after the last meal of the day before bed time.

Dr. Manfred Alkhas, M.Div., D.C.

### How to Make Ginger Root Tea:

Buy some ginger roots. Chop them up in small pieces. Place 2-3 table spoon of chopped ginger root in about 4-5 cups of water. Heat water to boil and allow the ginger roots to remain in boiling waters for 2-3 minutes. Then pour water in a cup and enjoy. If it is too spicy add some pure boiling water to dilute the taste. Feel free to add some honey to give it some sweetness. You will experience its healing warmth all over your body 15 minutes after drinking.

### Question of the Month

- Which tea is credited with having notable weight-loss properties? And why?

#### • Last Months Answer:

Some people have uneven leg lengths. What is the most common cause for such leg length discrepancy? The most common cause of leg length discrepancy is actually genetic. Many are born with one leg slightly longer or shorter than the other one. The most common acquired cause is fractures in the leg bones that may impede normal growth or heal slightly shorter.

# Good Life Chiropractic

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**“Good life Chiropractic, A Well Adjusted Life”**

## Announcements



1. Office is closed on Friday, March 30th and Monday, April 2nd.
2. Dr. Manfred will be lecturing on Wednesday March 21<sup>st</sup>, 10-11am and Monday March 26<sup>th</sup>, 8:00-9:00pm at the South Valley YMCA on “How to Improve Your Immune System”. Call YMCA at (408)226-9622 and reserve your free seat.
3. The “10 Minute Law” is in effect with full force. If you are 10 minutes late we may not be able to provide you with full treatment. We are extremely busy now and your delay will most definitely cause many others to experience delay.
4. Try our new **PMS Formula with Indolplex 120 Tablets**. (2 tabs two to three times a day) \$30.00  
-Dietary supplement to provide relief of PMS symptoms. It helps support healthy estrogen metabolism and features chaste tree berry extract to support the production of progesterone, calcium, magnesium, & vitamin D. Consult Dr. Manfred for more information.
5. If you have new symptoms or injuries make sure you note that to Domarina when you call for an appointment so that we can set an exam appointment for you. We will not be able to perform any evaluations or diagnostic tests during your routine treatments (especially maintenance visits).

## Some Interesting Tea Information

1. The legend has it that tea was discovered in 2737 B.C. by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water.
2. Tea became popular in 1600s by Europe and American colonies.
3. In 1904, ice tea was created at the World Fair in St. Louis.
4. In 1908, Thomas Sullivan developed the concept of tea bags in New York.
5. Many tea connoisseurs believe that hot tea must be poured in a warm glass to avoid shocking the taste of the tea.
6. Well controlled research has demonstrated that ginger root tea helps motion sickness better than over-the-counter drugs.
7. A cup of black tea has 40 mg of caffeine per cup, and green tea has 15 mg of caffeine (a brewed cup of coffee has 100-135 mg of caffeine).
8. Just for fun, Dr. Manfred is a tea connoisseur and his favorite tea is a mixture of three black teas with aromatic herbs that he grows in his backyard.

