



TEA 101/HEALTH BENEFITS CLASS

Did you know that herbal teas are not really tea? Did you know that different teas require different steeping times and temperatures? Have you ever had green tea and absolutely hated it and wondered why?

Come learn all about tea at the Antique Trove in Roseville this **Saturday, January 23rd starting at 11:00.**

In Tea 101 at 11:00, I'll explain the basic types of tea and the difference between pure teas and herbal teas. I'll teach you how to properly prepare the different types of tea. It's easy! In addition, you'll also learn about tea equipment and more! We'll be tasting 5 types of tea and I'll bring in a real tea plant for you to see.

At 1:00, I'll be talking about the health benefits of tea. We'll be tasting [Tai Ping](#), [Houjicha](#) and one of my favorite green teas, called [Genmaicha](#), known as the "Popcorn Tea." We'll also taste flavored green teas such as [Plum Green](#), [Peach Green](#), and [Pear Green](#). After that we'll move into the Rooibos herbal teas which are very high in antioxidants and do not contain any caffeine. We'll taste [Orange Blossom Rooibos](#) and our new [Peach Rooibos](#). If you've been wanting to get healthy, now is your chance! Start your new year out right!

As a bonus, all green and rooibos tea will be **15% off** that day, January 23rd. All classes are free and are held at the Antique Trove. I hope to see you there!

WEIGHT LOSS WITH TEA?

There have been many claims about weight loss and tea. You often hear about how green tea is slimming. All tea is definitely healthy for you, that is a fact, it doesn't have to be green. The media tends to focus on green tea, but all tea is good for you.

Here are some of my thoughts on the weight loss subject. I know tea has a ton of benefits but if it really were the miracle cure for weight loss, I would be a size 0. As much tea as I drink per day, you would think I would be a great example if this were absolutely true.

However, that said, tea can definitely aid in the weight loss journey. For those of you who drink sodas, coffee

with cream and sugar and other high caloric drinks, replacing those beverages with tea definitely will slim you down.

In addition I find that tea is a great energizer. I love to drink a cup of [Genmaicha](#) late in the afternoon around 4:00. I find that it gives me just the boost I need to get through the evening without keeping me up at night.

Flavored teas can also be a good way to have a little treat without eating all the calories of a piece of chocolate cake, instead try, [Chocolate Caramel Turtle](#), or [Nutty but Nice](#) — which is a hazelnut and vanilla tea.

Upcoming Events and Important Dates

Join Me at the Antique Trove in Roseville for three special presentations.

**Saturday,
January 23rd
11AM**

Tea 101 with Tasting

**Saturday,
January 23rd
1PM**

Health Benefits of Tea with Green Tea / Rooibos Tasting

**Saturday,
February 6th
11AM**

How to Make Chocolate Raspberry Scones with Dessert Tea Tasting

AMY'S WEIGHT LOSS TIPS

**January is
National Hot Tea
Month!**

**Celebrate the
New Year right,
be healthy, drink
tea!**

From now until
January 31st, get
free shipping on
on-line orders over
\$20.00.

**Did you know
that tea contains
about 1/3 less
caffeine than
coffee?**

**Did you know
that the caffeine
in tea is released
over a longer
period of time
than coffee?**

**Coffee gives you
a jolt, Tea gives
you energy!**

Drink more tea!

In one of my e-zines, I mentioned I had lost 19 pounds, I had quite a few e-mails asking me how I did it. I decided that even though my newsletters are usually about tea, you might enjoy a few of my tips.

I am by no means an expert in weight loss. These are the tips and strategies I have found that have helped for me. Diet and exercise are key. I still have about 20 pounds to go, but I'll get there soon!

- Buy yourself at least one nice workout outfit.

I always thought - I'll buy one when I lose some weight. But the fact is, if you buy one now, you'll feel better about working out in something pretty and you'll be tempted to do work outs more often. If you're like me, I need all the incentives I can get to work out.

- Get a buddy, or buddies

They can encourage you, motivate you and spur you on - my sister and my friend Wendy are my buddies. I talk to them often. They are there to remind me of my successes when I'm feeling down.

- Eat 3 healthy meals and 2 snacks per day.

This has helped me so much! I don't feel as hungry, or cheated when I can eat often.

- Make the food exciting!

Since I love to cook, I don't do well with prepared meal plans. Instead I joined a [weekly farm share](#). I have found that I really like Dinosaur Kale, Swiss Chard and Kohlrabi - I had never eaten those before. I enjoy making up new healthy dishes with my new vegetables.

- Find some kind of activity you like or can learn to like and do it - at least

something every day

I go to the gym every other day and do the elliptical on the opposite days. I have found I actually like lifting weights. When picking an activity, don't pick something you absolutely despise. If you hate running, then don't do it. I will never like running so that's never ever going to be my choice of activity and that's okay. If you hate exercise of any kind, then my advice, just walk.

- Don't be afraid to work out often.

At first, I thought, I need to lose weight slowly. So when I did have a burst of energy, my first thought was, "I've already worked out today and I don't want to lose too much, too fast, so I won't work out again today." Now I've changed my thinking - if the energy is there and I feel like doing more, then by all means do more. Because sometimes there are days when you won't feel like doing anything at all.

- Find a time of the day (or times of the day) to exercise that works for you and your body.

Unfortunately I have rheumatoid arthritis and even though I've always been a morning person, sometimes I just can't work out in the morning. For me, sometimes 4PM is better. It doesn't matter when you do it, just do it. So don't force yourself to get up at 5AM if your body just isn't ready.

- Don't beat yourself up if you fall off the wagon

Just pick yourself up and start again, don't wait for "Monday" otherwise you'll eat all weekend. Just start over at the next meal time or exercise time and get back on track.

- Moderation and small portions are the key for me.

(Continued on page 3)

AMY'S WEIGHT LOSS TIPS CONT.

(Continued from page 2)

I'm better off not denying myself anything. I know some people do better if they follow a regimented plan. However everyone is different. If I know I can have something special, but may have to eat less at the next meal, or only have a bite of it instead of the whole thing, I do better than thinking, "I can never have this again!"

- Read all you can about diet and exercise

Get your information from a variety of sources - I love some of the ideas in Martha Beck's book, "[The Four Day Win](#)." As far as "the diet," my body seems to work best with "[Body for Life](#)" principles, but I am incorporating other ideas in as well. Do what works best for you. There's no one size fits all when it comes to losing weight. Some people do much better on a specific plan while others like me do better when they can do it on their own by incorporating a variety of information from various sources.

- Balance Really is the Key for Me

Sometimes, I wake up and think, "Oh, I just can't go to the gym today, I just am so tired." I used to torment myself, "Should I go, should I not?" I'd rationalize every excuse I could think of and then wouldn't go. Now I say to myself, "I'll get up, have a cup of tea and then see how I feel." Chances are after my cup of tea, I feel more ready to start my day. Also, if I say to myself, "Okay you don't have to work out this morning, but you do have to go put on your work out clothes." That motivates me too. I'm already dressed, so why not go?

I know many of you think, "I just don't have time to work out. I'm too tired."

Well that was me. All I can say is once your life gets so out of balance, you are forced to figure it out. So before you wind up with a major illness, or mental breakdown, find at least 20 minutes in your day to do some kind of exercise, otherwise you'll have to resort to a total life makeover - like myself.

Time really is an illusion, you think you don't have even 20 minutes, but if there was a huge sale at Macy's, you'd find a way to make 20 min in your day to get over there. You always have time, it's just how you choose to spend it.

On busy days, I still find myself saying, "I don't have time to work out today, I have to do" Now I catch myself and say, "First I need to work out, then I will do" I don't make exercise the first thing I cut from my list anymore. It's the one thing that stays and then somehow everything else seems to magically fit in.

Before I started the tea room I worked out every day. I ate healthy. I was a between a size 6-8 and I felt good about my body. But little by little, I got too busy to take care of myself. I quit working out, I started eating out more; I skipped breakfast. Stress started piling on, work took more and more out of me, I felt I was hardly ever home and then one day I woke up and I'm 40 pounds overweight, have rheumatoid arthritis and I'm stressed out. It doesn't take much to get out of balance and once it does, it seems like it picks up speed and you're on a fast track to insanity.

So remember - balance!

A New Cookbook

Coming this spring!

Amy's Favorite Recipes

This cookbook is a collection of all of my favorite recipes that I use in every day cooking plus a few from the tea room which were not previously in any of the cookbooks. (Such as that fabulous pea salad recipe). Most of these recipes are main dishes, side salads and appetizers and a few desserts.

[You can pre-order your cookbooks now.](#)

Cookbooks should be shipped out sometime in March. Pre-order price is: \$11.95, retail price after publishing will be \$15.95. (Shipping will be included in pre-order price, however, tax will be added to California orders).

Want to learn more about tea? Check out [The New Tea Lover's Treasury by James Norwood Pratt.](#)

This month it's 30% off because of National Hot Tea Month.

Regular Price: **\$24.95**

Sale Price: **\$17.47**



SCRAMBLED EGGS WITH BROWN RICE AND KALE

Since this month is National Hot Tea Month and I'm focusing on the health benefits of tea, I thought I would share one of my healthy breakfasts with you. Don't worry, I'll be back next time with a calorie-laden dessert. I just thought a nice healthy recipe would be a treat for you! This is basically what I eat every morning.

- 2 t. olive oil (I also use a non-stick pan)
- 1 garlic clove (optional)
- 1 T. chopped onion or leek
- 3 fresh mushrooms, chopped
- 1 egg
- 2 egg whites
- 2-3 c. of chopped kale or swiss chard
- 1/2 c. brown rice, cooked (Because I eat a version of this almost every day, I cook a big batch of rice in a rice cooker typically on Mondays and then refrigerate the left-overs for the remaining days).

*Come, sit, enjoy!
Life is better with tea!*

Visit our website!

www.afternoontoremember.com

Don't forget about our free shipping from now until February 2nd on orders over \$20.00

Brown onions, garlic and mushrooms in 2 t. oil. Add chopped kale/swiss chard. Brown lightly, then turn heat on low. In the meantime, beat eggs in a small bowl with a fork. Add beaten eggs to kale and onion mixture. Turn heat on medium and cook until eggs are almost done. Add brown rice and cook until everything is heated through. Enjoy! This recipe makes enough for 2 people. Pair this with a [Zhen Qu](#) which is a Yunnan tea and you have an outstanding combination!

Variations:

- Try adding salsa and tomatoes
- Try adding parmesan cheese (just a wee bit if you want the recipe to stay healthy)
- Try adding black beans

The possibilities are endless. I find it's the perfect amount of protein and the right kind of carbs. It gets me through until snack time. :)

