



## 20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs

By Victoria Zak

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### 20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs By Victoria Zak

Fight Colds and Flu  
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An ancient Chinese legend: Once there was a man who knew 100,000 healing properties of herbs. He taught his son 80,000 secrets. On his deathbed, he told his son to visit his grave in five years, and there he would find the other 20,000 secrets. When the son went to his father's grave, he found, growing on the site, the tea shrub....

Teas are the gentle, natural, most beneficial way to absorb the healing properties of herbs--easily and inexpensively. A simple cup of tea not only has the power to soothe and relax but to deliver healing herbal agents to the bloodstream more quickly than capsules, tinctures, or infusions. Feeling tired? Rose hip tea will rev you up and beautify your skin. Need some help with your diet? Ginger tea will provide the boost you need and help aching joints too. Hot or iced, these pure and simple drinks offer delicious ways to stay healthy and revitalize you from the inside out. This unique guide offers:

An A-Z listing of common ailments followed by the teas best used to treat them  
Instructions on how to create your own medicinal kitchen  
Advice on creating your own tea blends  
Descriptions of the top 100 herbs and their secret healing properties  
And much, much more!

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### **Editorial Review**

From the Inside Flap  
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From the Back Cover

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#### About the Author

Victoria Zak is an award-winning writer, researcher, and co-author of **The Fat to Muscle Diet** and **The Dieter's Dictionary and Problem Solver**. Her work has appeared in many national publications, including *Ladies' Home Journal*, *Prevention*, *Shape*, *USA Today*, *The Boston Globe*, and *Glamour*. She lives in Massachusetts and has been featured in **Who's Who in the East**.

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