

OCTAVIA TEA POINT-OF-SALE SIGNS:

TEA & HEALTH SIGNS #1: Each sign measures 6 inches x 4 inches.

We recommend printing on a full sheet of glossy photo paper or high-quality card stock paper. Cut along outside, gray line. Fits in 4 x 6 inch frame.

OCTAVIA TEA

WHICH TEA IS THE HEALTHIEST?

All true teas are rich in antioxidants and health-promoting properties. Regardless of which tea you choose, you really can't go wrong. According to initial research, it appears that green and white tea's catechins (potent antioxidants) are especially suited for cancer prevention, immune system function and anti-aging, while black tea's theaflavins and thearubigins may prevent heart disease and have positive effects on the cardiovascular system. Oolong tea contains properties of both.

However, because green, black, white and oolong tea all come from the same plant, the benefits are going to be similar overall. We encourage customers to select teas based on personal taste. After all, the tea that is healthiest for you is the one you will drink the most!

OCTAVIA TEA

IMPROVE MOOD, REDUCE ANXIETY

You may have noticed that drinking a cup of tea feels nurturing and comforting. This is not your imagination! Scientists have discovered that theanine, a rare amino acid found exclusively in high-quality tea, acts as a natural anti-depressant and has many beneficial and calming effects on the body.

Theanine is known to promote mental and physical relaxation, improve mood and reduce anxiety without causing drowsiness. Its consumption stimulates the production of alpha brain waves, which create a state of deep relaxation and mental alertness similar to what is achieved through meditation. Theanine also positively affects neurotransmitters in the brain, such as dopamine and serotonin, creating a relaxed, happy feeling. Coupled with caffeine, the theanine-induced alpha brainwaves lead to an uplifted mental mood, often described as a state of calm alertness. An ancient, Chinese Tang Dynasty poet refers to this effect as "Tea Drunk." In addition to reducing stress and lifting mood, scientists believe that theanine may also increase concentration and memory, combat PMS, and regulate blood pressure.