Online Brochure [Updated 31 August 2017]

The herbal specialists at Zen’s Tea House produced this pamphlet for men and women seeking healthier alternatives. The footnote citations are published peer reviewed research articles, and do not reflect the beliefs or values of Zen’s Tea House or associated medical physicians.*

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Zen’s Tea House
www.zenstea.com

1oz Organic White Tip Silver Needle Tea ($12): One of the world’s most sought after teas. Light tasting, although distinct in flavor, this rare tea may be brewed up to 6 times over. **Very low caffeine**

1oz Organic Japanese Matcha ($10): A Ceremonial green tea, de-veined & de-stemmed, Purest form of Green Tea. This Green Tea contains more antioxidants than any other green tea. Matcha is also used to make beauty masks, cosmetics and can be added a number of baked goods. ¹

Organic Pinhead Gunpowder ($15): Unique high grade green tea leaves that are handpicked and hand rolled. Known for its cardiovascular benefits and being higher in antioxidants and anti-inflammatory properties than many green teas, Very Healthy! ²

Organic Jasmine ($15): Calming, bed time green tea. Antioxidants and soothing aromatic taste. ³

Organic Pu-erh ($25): Has been on **Dr. Oz** for it’s cleansing properties, aid in weight loss efforts. May help lower cholesterol. Green tea Fermented underground AKAGreen tea. Best consumed hot, after meals.⁴

Organic Oolong ($16): Has been on **Dr. Oz** for it’s slimming effects around the mid-section and energy. Boost Metabolism for up 2 hours. Best consumed hot.⁵ Available in Peach Oolong.


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Organic Pomegranate ($17): High energy, no drag no crash.

Organic Coconut & American Peach ($15): High energy, no drag no crash.

**HERBAL INFUSIONS:** Loose Leaf Herbs

**Organic Yerba Mate** ($16): High in natural no crash-caffeine, pleasant Earthy taste, sun dried not roasted. Contains vitamins A, C, E, B1, B2, Niacin (B3), B5, & B Complex.

**Organic Rooibos Tea** ($15): Traditionally used for many inflammatory issues as well as lowering blood sugar levels. Contains Calcium, Magnesium, Iron, Zinc, and Manganese. Contains more Antioxidants than green tea. Cardiovascular health. **No Caffeine**

**Hawaiian Fruit** ($20): An assortment of delicious dried Fruit and Hibiscus. Fruity and tart, great with a little raw honey! **Caffeine Free**

**Organic Chamomile** ($14): Calming, bed time tea with a natural taste of honey. **No Caffeine**

**Holy Detox** ($20): Herbal Infusion used for it’s adaptogenic properties; Clarification of the liver, Stress reduction, fatigue fighting. Also soothing to the stomach. **No Caffeine**

**Organic Lavender** ($8): Calming, aromatic flower used for relaxation. Great to mix with other teas/herbs. Safe for dogs & cats. **No Caffeine**

**Dr. Jen’s Blend: Goddess Tonic** ($25): 100% Organic herbal blend, formulated for a woman’s body and moon cycles: cramping & hot flashes. Contains natural Pineapple flavor. **No Caffeine**

**Congest-Less** ($25): 100% organic ingredients traditionally used for their expectorant and antihistamine properties. Brewed at least for 10 minutes, the healing heat of the ginger can be gently felt, suggested use with raw honey. **No Caffeine**

**Immunity Elixir** ($30): 100% Organic ingredients not only for boosting of the immune system but also for anti-viral, anti-bacterial, and anti-fungal, and expectorant properties. Can be used with other teas/herbs. **No Caffeine**

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Gout-B-Gone ($25): 100% Organic ingredients known to naturally lower the Uric acid levels in the body, which is in direct correlation with the gout flare ups that some of us experience. Use for flare-ups. No Caffeine

Golden Milk ($30): Famous Ayurvedic medicine originating in India. Our Golden Milk is a half-pound mix of Turmeric, Ginger, & Cinnamon powder 100% Organic. Traditionally, this mix of spices is added to a pot of milk or milk alternative, brought to a simmer, and served hot. No Caffeine

Dream of Flowers ($30): 100% Organic blend contains a perfectly balanced Chamomile, Rose Petals, French lavender, and Tulsi gives every cup a sweet and spiced floral aroma and flavor. No Caffeine

ZEKE’s Organic Herbal Blend ($25): Strong herbal infusion filled with natural detoxing properties, used specifically for the detoxification of the liver, kidneys, and also a blood cleanser. NO rush to the bathroom. No Caffeine

**Wild Crafted Chaga Mushroom:**

In the United States it is illegal to recognize or promote Chaga as a safe alternative treatment for cancer but for decades Chaga has been used patients of cancer therapy, receiving only positive results.17 For more info about Chaga please visit our website.

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*Zen's tea House does not provide medical advice, diagnosis, or treatment. Zen's Tea House and its services are not a substitute for professional medical advice and treatment. Always seek the advice of your doctor before making any changes to your diet, health routine, or treatment. Have a healthy day!*

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Today many of us are unaware of what is in our food. As a result we are faced with a health epidemic. This crisis has paved the way for a holistic health movement. Zen’s Tea House is part of that movement.

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Below are the abstract summaries of each footnote:

1. Researchers have investigated green tea as a potential protectant against cancer. This review focuses on studies of green tea in humans. Green tea contains polyphenols, chemicals that act as powerful antioxidants. Epidemiological and human studies have shown varying results. Thirty-one human studies and four reviews were examined. Among five studies reporting on colon cancer, three found an inverse association and one reported a positive association. For rectal cancer, only one of four studies reported an inverse association; increased risks were seen in two of the studies. An inverse association is suggested for urinary bladder cancer in two of two studies. Of 10 studies examining the association of green tea and stomach cancer, 6 suggest an inverse and 3 a positive association. The most comprehensive of these studies supports an inverse association of green tea and stomach cancer. Pancreatic cancer studies hint at an inverse association in two of three studies. A strong inverse effect was found with green tea and esophageal cancer. Lung cancer studies have shown an inverse effect with Okinawan tea, yet tentatively increased risk was shown in another study.


Although human studies have their limitations, the research has warranted a further look into the effects of green tea and cancer.

2. Consumption of green tea was significantly associated with lower serum concentrations of lipids and lipoproteins. An increase in consumption substantially decreased serum total cholesterol and triglyceride concentrations, and this strong association remained almost unaltered even after age, cigarette smoking, alcohol consumption, and relative body weight were controlled for (Table II). The significant reduction of serum total cholesterol and triglyceride concentrations found in the group that consumed the most green tea shows that >/= 10 cups a day of green tea consumption is effective in modulating serum lipids.

3. We investigated the effects of the odor of jasmine tea on autonomic nerve activity and mood states in a total of 24 healthy volunteers. We used the odor of jasmine tea at the lowest concentration that could be detected by each subject but that did not elicit any psychological effects. R-R intervals and the POMS test were measured before and after inhalation of the odors for 5 min. Both jasmine tea and lavender odors at perceived similar intensity caused significant decreases in heart rate and significant increases in spectral integrated values at high-frequency component in comparison with the control (P < 0.05). In the POMS tests, these odors produced calm and vigorous mood states. We also examined the effects of (R)-(+)-linalool, one of the major odor components, at the same concentration as in the tea, and (S)-(+)-linalool. Only (R)-(+)-linalool elicited a significant decrease in heart rate (P < 0.05) and an increase in high-frequency component in comparison with the controls, and produced calm and vigorous mood states. Thus, the low intensity of jasmine tea odor has sedative effects on both autonomic nerve activity and mood states, and (R)-(+)-linalool, one of its components, can mimic these effects.

4. Pu'er is a major kind of postfermented tea and is made with a "large leaf" variety of Camellia sinensis (C. sinensis assamica), which is distributed is limited to the mountains of southern Yunnan, China. The quality of Pu'er tea is believed to increase with storage (aging, maturing) because of postfermentation by microbes. The effect of storage period (from < 1 to 192 mo) on the bacteria and fungi in Pu'er tea was investigated by a culture-dependent and a PCR-DGGE method. The individual numbers of fungi and bacteria decreased with increasing storage time and were significantly greater in ripened tea than in raw Pu'er tea. Both methods indicated that yeast, Aspergillus spp., and Penicillium spp. were the dominant fungi in almost all the samples. However, the common bacteria detected by the culture-dependent method were species of Pseudomonas, Achromobacter, Alcaligenes, Sporosarcina, and Bacillus, whereas those detected by PCR-DGGE were species of Staphylococcus, Arthrobacter, and Streptomyces. According to ordination analysis, bacterial community structure differed between ripened and raw Pu'er tea. Bacterial diversity was positively correlated with aging time, while fungal diversity in both raw and ripened tea increased during the first 60 mo of aging and then decreased. Changes in polyphenol content were correlated with the changes in fungal diversity. These results suggest that the relationship between storage time and the quality of Pu'er tea is complex and involves changes in polyphenol content and microbial abundance and diversity.

5. According to traditional Chinese belief, oolong tea is effective in the control of body weight. Few controlled studies, however, have been conducted to measure the impact of tea on energy expenditure (EE) of humans. A randomized cross-over design was used to compare 24-h EE of 12 men consuming each of four treatments: 1) water, 2) full-strength tea (daily allotment brewed from 15 g of tea), 3) half-strength tea (brewed from 7.5 g tea), and 4) water containing 270 mg caffeine, equivalent to the concentration in the full-strength tea treatment. Subjects refrained from consuming caffeine or flavonoids for 4 d prior to the study. Tea was brewed each morning; beverages were consumed at room temperature as five 300 mL servings. Subjects received each treatment for 3 d; on the third day, EE was measured by indirect calorimetry in a room calorimeter. For the 3-d, subjects consumed a typical American diet. Energy content of the diet was tailored to each subject's needs as determined from a preliminary measure of 24-h EE by calorimetry. Relative to the water treatment, EE was significantly increased 2.9 and 3.4% for the full-strength tea and caffeinated water treatments, respectively. This increase over water alone represented an additional expenditure of 281 and 331 kcal/d for subjects treated with full-strength tea and caffeinated water, respectively. In addition, fat oxidation was significantly higher (12%) when subjects consumed the full-strength tea rather than water.

6. Naturally-occurring compounds that have been shown to improve insulin sensitivity include Cr and polyphenols found in cinnamon (Cinnamomum cassia). These compounds also have similar effects on insulin signalling and glucose control. The signs of Cr deficiency are similar to those for the metabolic syndrome and supplemental Cr has been shown to improve all these signs in human subjects. In a double-blind placebo-controlled study it has been demonstrated that glucose, insulin, cholesterol and HDL-C are all improved in patients with type 2 diabetes following Cr supplementation. It has also been shown that cinnamon polyphenols improve insulin sensitivity in vitro, animal and human studies. Cinnamon reduces mean fasting serum glucose (18-29%), TAG (23-30%), total cholesterol (12-26%) and LDL-cholesterol (7-27%) in subjects with type 2 diabetes after 40 d of daily consumption of 1-6 g cinnamon. Subjects with the metabolic syndrome who consume an aqueous extract of cinnamon have been shown to have improved fasting blood glucose, systolic blood pressure, percentage body fat and increased lean body mass compared with the placebo group. Studies utilizing an aqueous extract of cinnamon, high in type A polyphenols, have also demonstrated improvements in fasting glucose, glucose tolerance and insulin sensitivity in women with insulin resistance associated with the polycystic ovary syndrome. For both supplemental Cr and cinnamon not all studies have reported beneficial effects and the responses are related to the duration of the study, form of Cr or cinnamon used and the extent of obesity and glucose intolerance of the subjects.

7. The antioxidant activity of the water extract of Tilia argentea Desf ex DC was determined by the thiocyanate method. The antioxidant activity of the water extract was determined with the increasing intensity of three stepwise extracts (50-400 μg) added into the linoleic acid emulsion. Statistically significant effect was determined in 100 μg and higher amounts. Antioxidant activities of water extracts of tili (Tilia argentea Desf ex DC) and the water extract of Tilia argentea Desf ex DC, sage (Salvia triloba L.), and two Turkish black teas commercially called Rize tea and young shoot tea (Camellia sinensis) were compared. For comparison studies, 100 μg portions of extracts were added into test samples. All samples were able to show statistically significant antioxidant effect. Both water and tea extracts showed highest antioxidant activities, nevertheless, differences between tilia and sage and tili and tea were not statistically significant (for both cases p < 0.05). Like antioxidant activity, the reducing power of water extract of Tilia argentea Desf ex DC was also concentration dependent. Even in the presence of 50 μg of extract, the reducing power was significantly higher than that of the control (p < 0.05) in which there was no extract. Unlike antioxidant activity, the highest reducing power activity was shown by sage extract. Among the tea extracts, young shoot extract was the most effective one, however, it had significantly lower activity than sage (p < 0.05). Although tea flower had the lowest reducing power activity, it was higher than that of tili. But this difference was not statistically significant (p > 0.05). From these results, we could suggest that although the reducing power of
8. Yerba Mate tea, an infusion made from the leaves of the tree *Ilex paraguariensis*, is a widely consumed nonalcoholic beverage in South America which is gaining rapid introduction into the world market, either as tea itself or as ingredient in formulated foods or dietary supplements. The indigenous people have used it for centuries as a social and medicinal beverage. Yerba Mate has been shown to be hypcholesterolemic, hepatoprotective, central nervous system stimulant, diuretic, and antioxidant. It has also been suggested to benefit the cardiovascular system. It has also been suggested for obesity management. Yerba Mate protects DNA from oxidation and in vitro low-density lipoprotein lipoperoxidation and has a high antioxidant capacity. It has also been reported that Yerba Mate tea is associated with both the prevention and the cause of some types of cancers. Yerba Mate has gained public attention outside of South America, namely the United States and Europe, and research on this tea has been expanding. This review presents the usage, chemistry, biological activities, health effects, and some technological considerations for processing of Yerba Mate tea. Furthermore, it assesses in a concise and comprehensive way the potential of *Ilex paraguariensis* as a source of biological compounds for the nutraceutical industry.

9. Rooibos tea is known to be caffeine free with abundant flavonoids. Aspalathin and nothoagin, the main flavonoids contained in Rooibos tea, have stronger anti-oxidative activity than other flavonoids. As oxidative stress can induce inflammation, the anti-inflammatory effects of Rooibos tea were investigated using a rat colitis model. Methods: Seven-week-old Wistar rats were divided into two groups: one group given Rooibos tea, and one given water. After four weeks of breeding, serum superoxide dismutase (SOD) levels were determined using the Electron Spin Resonance analysis. Urine 8-hydroxy-2′-deoxyguanosine (8-OHdG) concentrations were also determined as reflections of DNA damage using enzyme-linked immunosorbert assay. Furthermore, rats were administered dextran sodium sulfate (DSS), which is known to induce colitis in rodents, with or without Rooibos tea to evaluate its anti-inflammatory activity. Clinical symptoms, hemoglobin, serum iron and SOD levels were compared between the groups. Results: There were no significant differences in bodyweight gain or laboratory data between the groups. The serum SOD levels were significantly increased, and urine 8-hydroxy-2′-deoxyguanosine levels were significantly decreased in the Rooibos group compared with the controls (P < 0.05 in each). After DSS administration, the serum SOD levels were significantly higher in the Rooibos group compared to the controls (P < 0.05). As a result, a decreased hemoglobin level, observed in the control group, was prevented in the Rooibos group after the DSS challenge. Conclusion: Rooibos tea may prevent DNA damage and inflammation by its anti-oxidative activity in vivo. As Rooibos tea is free from caffeine, routine intake may be safe and useful in reducing oxidative stress in children.

10. Herbal drugs, such as chamomile are extensively used as traditional medicine for treatment of insomnia and anxiety. In the present study, we investigated hypnotic activities of chamomile and passiflora extracts using sleep disorder model rats. A significant decrease in sleep latency was observed with chamomile extract at a dose of 300 mg/kg, while passiflora extract showed no effects on sleep latency even at a dose of 3000 mg/kg. No significant effects were observed with both herbal extracts on total times of wakefulness, non-rapid eye movement (non-REM) sleep and REM sleep. Plasma albumin, benzodiazepine receptor binding and delta activity during non-REM sleep were also studied. The extract of chamomile showed the anti-hypnotic effect at a dose of 3 mg/kg showed a significant antagonistic effect on the shortening in sleep latency induced by chamomile extract. No significant effects were observed with chamomile and passiflora extracts on delta activity during non-REM sleep. In conclusion, chamomile extract is a herb having benzodiazepine-like hypnotic activity.

11. According to the study results, it can be concluded that the lavender fragrance had a beneficial effect on insomnia and depression in women college students. Repeated studies are needed to confirm effective proportions of lavender oil and carrier oil for insomnia and depression. Method Forty-two women college students who complained of insomnia were studied during a four-week protocol (control treatment week, 60% lavender fragrance treatment week, washout week, 100% lavender fragrance treatment week). All subjects were in the department of nursing in "K" college and the study was a single blind repeated measurements experiment. For the duration of the study, weekly evaluations of sleep patterns, sleep disturbance, severity of insomnia scale, self satisfaction with sleep, and severity of depression were performed. Result Among sleep variables, length of time taken to fall asleep, severity of insomnia, and self-satisfaction with sleep were improved for the 60%(p=0.001, p=0.000, p=0.000) and 100%(p=0.001, p=0.000, p=0.000) week while the severity of depression was improved only for the 100%(p=0.002) week.

12. Red clover (*Trifolium pratense L.* Fabaceae) botanical dietary supplements have received much attention recently for their potential use in the treatment of menopausal symptoms, maintenance/improvement of bone and cardiovascular health, and reported beneficial effects on the breast and endometrium. Literature searches of four computerized databases were run to identify clinical studies of red clover botanical dietary supplements. The manufacturer of the red clover products used in the majority of the studies was contacted for unpublished information and/or clarification regarding the chemical content of their products. Red clover studies were reviewed that pertained to women's health or menopause. Clinical evidence is presently lacking to support the efficacy of semipurified red clover isoflavone extracts for alleviation of climacteric vasomotor symptoms or reduction of low-density lipoprotein levels in the blood. Furthermore, the safety of use of red clover isoflavone supplements in patients with breast or endometrial cancer has not been established. Limited evidence suggests possible efficacy in maintenance of bone health and improvement of arterial compliance, a risk factor for atherosclerosis. This literature review covers red clover botanical dietary supplement clinical studies having a possible impact on the health care of mature and menopausal women, and provides historical perspective regarding the traditional uses of red clover.

13. Himalach Pradesh, which forms a part of the western Himalaya, is a repository of medicinal and aromatic plants and the traditional knowledge associated with these plants. Utilization of plant resources in their day-to-day life has been an age-old practice of the people inhabiting this hilly state. The people living in remote and tribal areas still depend on household remedies for healthcare. The present paper provides information on the indigenous therapeutic application and other traditional uses of 9 plant species that are used by the natives of Himalach Pradesh. Information provided includes scientific name, family name (in bracket), vernacular names, distribution, and ethnomedicinal use clubbed with the common uses as recorded from the relevant literature.

14. Traditional herbal medicine provides several remedies for strengthening the body's resistance to illness through effects on immune system components. This review article examines 3 popular herbal immune stimulants that are often of interest to cancer patients. Echinacea, a native of North America, is widely used to prevent, or provide early treatment for, colds. Preclinical studies lend biological plausibility to the idea that echinacea works...
through immune mechanisms. Numerous clinical trials have been carried out on echinacea preparations: it appears that the extracts shorten the duration and severity of colds and other upper respiratory infections (URIs) when given as soon as symptoms become evident. However, trials of long-term use of echinacea as a preventive have not shown positive results. Ginseng has been studied in some depth as an antifatigue agent, but studies of immune mechanisms have not proceeded so far. Preclinical evidence shows some immune-stimulating activity. There have been several clinical trials in a variety of different diseases. Astragalus is the least-studied agent. There are some preclinical trials that show intriguing immune activity. The herbs discussed appear to have satisfactory safety profiles. Cancer patients may wish to use these botanicals to inhibit tumor growth or to boost resistance to infections. However, passive immunotherapy with herbs, with no mechanism to induce tumor antigens, is unlikely to be effective in inhibiting tumor growth. Although the margin of safety for these herbs is large, more research is needed to demonstrate the clear value of using herbs to improve resistance to infections.

15. Pharmacological properties of medicinal plants and various natural products of plant origin lie in the chemical constituents they contain. Thus, in most cases, the principal aim of phytochemical analysis of plants and natural products is to detect, isolate, characterize and identify these chemical substances. Apium graveolens (Celery plant) is an indigenous plant belonging to family Apiaceae. According to ayurveda, the plant is having a broad spectrum of use as an aphrodisiac, anthelmintic, antispasmodic, carminative, diuretic, emmenagogue, laxative, sedative, stimulant, and tonic. Celery is known as mild diuretic and uric acid antiinflammatory and has been in the relief of flatulence and gripping pains. Literature data revealed that A graveolens have many pharmacological properties as antifungal, antihypertensive and hypolipidemic, diuretic, anticancer and many more. Currently review article tried to critically cover all the necessary aspects related of A graveolens.

16. Arctium lappa, commonly known as burdock, is being promoted/recommended as a healthy and nutritious food in Chinese societies. Burdock has been used therapeutically in Europe, North America and Asia for hundreds of years. The roots, seeds and leaves of burdock have been investigated in view of its popular uses in traditional Chinese medicine (TCM). In this review, the reported therapeutic effects of the active compounds present in the different botanical parts of burdock are summarized. In the root, the active ingredients have been found to “detoxify” blood in terms of TCM and promote blood circulation to the skin surface, improving the skin quality/texture and curing skin diseases like eczema. Antioxidants and anti-diabetic compounds have also been found in the root. In the seeds, some active compounds possess anti-inflammatory effects and potent inhibitory effects on the growth of tumors such as pancreatic carcinoma. In the leaf extract, the active compounds isolated can inhibit the growth of micro-organisms in the cavity. The medicinal uses of burdock in treating chronic diseases such as cancers, diabetes and AIDS have been reported. However, it is also essential to be aware of the side effects of burdock including contact dermatitis and other allergic/inflammatory responses that might be evoked by burdock.

17. Inonotus obliquus is a mushroom commonly known as Chaga that is widely used in folk medicine in Siberia, North America, and North Europe. Here, we evaluated the antimutagenic and antioxidant capacities of subfractions of Inonotus obliquus extract. The ethyl acetate extract was separated by vacuum chromatography into three fractions, and the fraction bearing the highest antimutagenic activity was subsequently separated into four fractions by reversed phase (ODS-C<sub>18</sub>) column chromatography. The most antimutagenic fraction was then separated into two subfractions (subfractions 1 and 2) by normal phase silica gel column chromatography. Ames test analysis revealed that the subfractions were not mutagenic. At 50 μg/plate, subfractions 1 and 2 strongly inhibited the mutagenesis induced in Salmonella typhimurium strain TA100 by the directly acting mutagen MNN (0.4 μg/plate) by 80.0% and 77.3%, respectively. They also inhibited 0.15 μg/plate 4NQO-induced mutagenesis in TA98 and TA100 by 52.6–62.0%. The mutagenesis in TA98 induced by the indirectly acting mutagens Trp-P-1 (0.15 μg/plate) and B(α)P (10 μg/plate) was reduced by 47.0–62.0% by the subfractions, while the mutagenesis in TA100 by Trp-P-1 and B(α)P was reduced by 70.5–87.2%. Subfraction 1 was more inhibitory than subfraction 2 with regard to the mutagenic effects of 4NQO, Trp-P-1, and B(α)P. Subfractions 1 and 2 also had a strong antioxidant activity against DPPH radicals and were identified by MS, 1H NMR and 13C NMR analyses as 3β-hydroxy-lanosta-8, 24-dien-21-al and inotodiol, respectively. Thus, we showed that the 3β-hydroxy-lanosta-8, 24-dien-21-al and inotodiol components of Inonotus obliquus bear antimutagenic and antioxidative activities.

About Zen’s Tea House

Zen’s Tea House imports Organic Teas and Herbs to make healthy proprietary blends that doctors and their patients use as botanical medicine. The bulk of our operation takes places at our Alternative Health Resource Center where we set up appointments to meet with Naturopathic Doctors, Homeopathic Doctors and Holistic Physicians. We maintain a database of well-qualified and licensed medical Doctors & Nutritionists who can provide diagnosis and make recommendations for people who are looking for organic alternatives to pharmaceutical drugs. With +35 satellite locations through out the greater Los Angeles area we are one of the fastest growing tea companies on the West Coast.

For more information visit www.zensteahouse.com