

"If passion drives you, let reason hold the reins."

- Benjamin Franklin

I'll admit it. Given the choice between coffee and tea, I'll almost always choose coffee. I'm somewhat addicted to caffeine, though I typically only have one cup of coffee or espresso per day. However, when I'm not feeling 100%, my go-to drink is tea, with raw honey. It's so soothing and always seems to make me feel better. One of my closest friends from high school is a big tea drinker and I was shocked when she told me that a lot of tea on the market is toxic. She asked me to write an article about it. So Suzanne, this one's for you! If you want more information or need help getting on a path to wellness, please contact me.

Yours in health,



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Is Your Tea Toxic?



You'll often read that tea is so much better than coffee. I personally think that info is peddled mostly by coffee haters, because like tea, coffee does contain antioxidants. But for some reason, most people assume tea is better for you. Like I said above, I love it when I don't feel good, but otherwise, it's the furthest drink from my mind. But Suzanne is a tea lover and has done some of her own research. So I hope she picks up a tidbit or two from me.

The sad truth is that many well-known brands are harboring a very big and dirty secret. I didn't realize until I started my research that tea can be a highly sprayed crop, loaded with toxic pesticides, toxins, GMOs, artificial ingredients and flavors. I'm sure you're aware that many pesticides can have cancer-causing properties. You certainly won't find that on their label. But what you will find is that they're promoted and marketed as being good for your health. It's just another example of companies putting their own profits ahead of your health. It sounds an awful lot like what the pharmaceutical industry does. It's all about the mighty dollar and I'm going to name names.

I located a study conducted by a firm called Eurofins, a worldwide analytic testing company, that found 91% of Celestial Seasonings teas contained levels of pesticides that exceed the limits set by my least favorite governmental agency. A recent study published in Food Research International found that many cheaper brands of tea contain enough fluoride to put people at risk for many illnesses. Most tea isn't washed before it's put into bags, which makes a bad situation even worse.

I was truly shocked to learn that many well-known (and some high-end) teas contain toxic pesticides:

- Lipton
- Tetley
- Bigelow

- Celestial Seasonings
- Teavana
- Tazo

Teavana is super expensive, but was tested by an independent lab and 100% of it was found to contain pesticides. The above is not a complete list, but it definitely contains some of the most popular brands. Not only do many of them contain toxic pesticides, but many also contain artificial flavors. One of the ways that companies hide that their products contain harmful ingredients is by referring to them as containing “natural flavoring”. It was truly unsettling to learn that just about any ingredient that comes from a natural source can be labeled as “natural.” That means that ingredients like Natural Red #4, which is made from dried and ground Cochina beetles to provide a red color, can be labeled as “natural”. Just because something claims to be natural doesn’t mean it’s good for you. That’s why I always tell my friends and clients to read labels. How else will you know what you’re putting into your body?

One of the other problems with tea is their bags, which can contain glue, binding agents and staples. Some are made with plastics like PVC, nylon, rayon, polypropylene or similar materials. Although these plastics have a high melting point, the actual temperature at which they start to break down is usually lower than their actual melting point. This could potentially cause the tea bags to leach compounds into your tea when they’re placed in boiling water. Avoid teabags that contain plastic. Paper tea bags are often treated with something called epichlorohydrin. This chemical, which is unbelievably also used in making epoxy resins, turns into something called 3-MCPD when it comes into contact with water. 3-MCPD is a known carcinogen associated with processing food that’s been known to cause cancer in animals, infertility and a suppressed immune function. Buy tea from companies that certify their teabags don’t contain epichlorohydrin. Dow Chemical Company is one of the largest producers of this chemical. The best way to avoid it is to buy loose tea. But you must choose that wisely too. Teavana sells loose tea.

Don’t be discouraged. There are some good companies out there that offer organic teas with minimal to no pesticides and that practice sustainable farming methods and fair trade standards. Because tea is known to accumulate toxins such as heavy metals, fluoride and other toxins from soil and water, it’s really important to buy brands that grow their tea in a clean and organic environment. Some manufacturers even certify to it. A few of those manufacturers include the following:

- Choice Organic - organic and free of epichlorohydrin
- Two Leaves Organic – pesticide free
- Traditional Medicinals – non GMO, organic and formulated by herbalists
- Tetley Black and Green – free of pesticides
- Rishi – certified organic
- Numi Tea – pesticide-free and non-GMO

This is by no means a complete list, but will at least give you a good start if you’re in the market to buy some tea. Tea actually offers some very good health benefits such as improving digestion, reducing bacteria and viruses, lowering blood pressure and lowering cholesterol, to name just a few. Don’t be hesitant to drink it. Just do your research and choose your brand wisely. If you’d like instructions on how to brew the perfect cup of tea, please be sure to contact me.

Have a wonderful month.

Sources: articles.mercola.com, naturalnews.com, healthy-holistic-living.com, foodbabe.com