Types of Tea

Green Tea
- Energy boost (some caffeine)
- Increased fertility
- Enhances immune system
- Great for detox

Black Tea
- Morning tea (high in caffeine)
- Promotes strength and alertness
- Repels negativity

Herbal Tea
- Relaxing (No caffeine)
- Promotes tranquility and sleep
- Reduces stress
- Helps with weight loss

Oolong Tea
- Energy boost (some caffeine)
- Increased brain function
- Helps with focus and meditation

White Tea
- Low caffeine content
- Lots of antioxidants
- Light-flavored
- Stimulates liver function