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## Tea • Life • Style!

A "Tea-zine" by Chai, Baby!

Volume 1, Issue 4

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### NEW Chai, Baby! Bath Salts for all-natural relaxation!

**Chai, Baby!** introduces all-natural bath salts made from genuine Himalayan sea salt, Sencha green tea, French lavender and rosebuds. Naturally moisturizing and relaxing!

Just put 2 tablespoons of bath salts into a tea ball (included!) and place in a full bathtub for 3 minutes or more. Then step into that fragrant water and ahhh . . . relax, baby! [Order now.](#)



**Dear Dheepa,**

Thank you for the privilege of sharing **Chai, Baby!** news with you. We always welcome your comments and suggestions -- send them to [service@ChaiBaby.com](mailto:service@ChaiBaby.com). Ready? Let's talk tea, baby!

Do you want to go directly to the **Chai, Baby!** website? Just click here: [www.ChaiBaby.com](http://www.ChaiBaby.com).



### Superfoods

**Make tea drinking a part of your diet and lifestyle!**

The word "superfood" has been popping up frequently in the news. Though there is no official definition, "superfoods" are considered to be foods particularly high in antioxidants, vitamins and minerals. Antioxidants have been shown to repair damaged cells and to fight oxidation caused by free radicals in the body.

As people pursue healthier lifestyles, they are adding more superfoods to their daily diets. Teas -- particularly green teas -- are considered superfoods, along with blueberries, pomegranates, black raspberries and seabuckthorn. (Let us know if you've tried seabuckthorn!)

### Health Update

**Antioxidant in green tea can delay diseases like diabetes.**

World Tea News reported that a research study about EGCG, an antioxidant existing in green tea, led to an interesting discovery about diabetes. Diabetic mice that were fed plain water had significantly higher levels of antigens than diabetic mice that were fed EGCG. This suggests that green tea polyphenols could delay autoimmune diseases like diabetes.

\* Note that the above statements have not been evaluated by the FDA. The information and our products are not intended to be used for the diagnosis, treatment or prevention of disease.

### To sweeten or not to sweeten?

**Should you add sweetener to tea?**

A prominent tea importer recently stated that tea drinkers are increasingly seeking unsweetened teas. Even teas like masala



## NEW Chai, Baby! Gift Sets make holiday shopping quick & easy!

**Chai, Baby!**'s three unique gift set options let you give a holiday gift of relaxation, health and style! Prices range from \$35-\$65. [Order now.](#)

## Chai, Baby! teas at Turkle & Associates and Phases

Indianapolis plastic surgeons Turkle & Associates are offering **Chai, Baby!** teas in their office and medical spa, Phases Skin Care & Laser Center. Learn more about the exceptional services and products offered by Dr. Turkle and Phases at [www.turklemd.com](http://www.turklemd.com).

chai, which are often prepared in the U.S. with large amounts of cream and sugar, are now being sought and drunk without sweetener. The desire to reduce caloric intake, as well news of potential dangers of certain artificial sweeteners, have led tea drinkers to reconsider reaching for those ubiquitous colored packets.

You should of course enjoy your tea, and drink it exactly how it pleases you. However, we do ask you to take a few moments to taste your tea just as it is first! High quality teas are very carefully selected to create exquisite flavor profiles. So, take a chance, baby! Close your eyes, take a sip, and taste the delicious ingredients and masterful blending.

If you do decide to sweeten your tea, then may we suggest a completely natural sweetener, such as pure cane sugar or high quality honey. Enjoy!

Always remember -- you deserve *extraordinary* tea.  
*Sip in style, baby!*

Sincerely,

**Chai, Baby!**  
[www.ChaiBaby.com](http://www.ChaiBaby.com)

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