

Natural Treatment for Colds and Flu from H-Tea-O

H-Tea-O have recently launched a special Cold and Flu Tea designed to provide natural help to anyone suffering from a cold. The key ingredient is Echinacea, a wonderful herb that is known to be beneficial in boosting the immune system. Details from our weekly newsletter are below.

Going Down with a Cold?

It's the time of year when everyone you meet has a sniffle or a full blown cold and you just know that, before long, you will be suffering too. So what can you do to boost your defences and, if you still get infected, is there any way to minimise the effects and shorten the duration?

Drinking tea helps – it has lots of anti-oxidants and the extra fluids will always help during illnesses. More than this, we have some specific remedies that can help you fight a cold or flu.



Boost your Defences

The best way to avoid a cold is to make sure your immune system is fit and healthy.

You can boost your immune system by taking extra vitamin C and for this we recommend our **H-Tea-O Anti-Oxidant Healing Tea**. This contains Rooibos, Rose hips, Honeybush and Hibiscus, all of which are known to pack in lots of anti-oxidants that can boost your immune system.

Taken with some honey, this is also a lovely drink that will help you relax and can soothe a sore-throat.

Get Better Quicker

When you wake up in the morning with that first inkling of a sore throat, you just know you are going down with a cold. But what can you do? You could buy some of the heavily advertised cold medications but even the manufacturers don't claim they will help you get better. Taking more anti-oxidant will help but isn't really enough. A better solution is an Echinacea based herbal tea such as **H-Tea-O Cold and Flu Tea**.

Our Cold and Flu Tea has been formulated with selected ingredients that are known to help fight colds such as Echinacea, Lemon, Liquorice, Camomile, Cinnamon and Rosehip.

It is important to start taking **H-Tea-O Cold and Flu Tea** from the first symptoms and take three times a day during the initial phase of the illness.



Echinacea – Nature's anti-viral

Echinacea, pronounced Eki-nay-Seeya and also called purple coneflower, is the best known and researched herb for stimulating the immune system. First used by native American Indians, it is now used by millions of Americans and Europeans as their primary therapy for colds and flu.

***Note:** Echinacea appears to lose effectiveness with long-term use (6-8 weeks). If the condition persists or worsens, seek medical advice. Do not use if you are suffering from progressive auto-immune disease such as tuberculosis, leucosis, connective tissue disorders, collagenosis and related diseases such as lupus. Use caution when practicing self-care.*

More information on Echinacea can be found at this website:

<http://www.herbs.org/greenpapers/echinacea.html>

ABOUT H-TEA-O

The H-Tea-O Tea Salon in Queensway Plaza, Admiralty opened in late 2004 and was the first new concept tea house to be established in Hong Kong. Following the success of this first outlet, H-Tea-O recently opened a Tea Garden in Causeway Bay at the beginning of 2006.

H-Tea-O was established with the purpose of enriching people's lives through the experience of fine teas and the benefits of health and well-being. With over 70 premium teas and herbal drinks, H-Tea-O provides the broadest range of tea based beverages anywhere in Hong Kong. Alongside traditional favourites such as Earl Grey and Dragonwell, H-Tea-O are one of the few suppliers of unique teas such as Rooibos and Honeybush from South Africa. Signature teas include Tony's Tea Latte, ChocolaTea, Moroccan Mint Chocolate and Iced Green Tea Mojito.

Award winning chefs, authentic clotted cream imported from Cornwall and nutritious healthy meal sets all make for a wonderful experience that can be enjoyed by all the family.

More detailed information can be found in the attached Press Pack file.

CONTACTS

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H-Tea-O Tea Garden

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