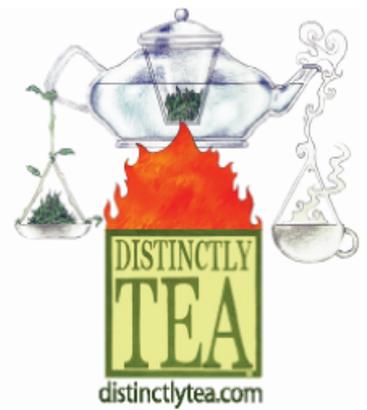


December 2012

# Steeped!



## For those from Venus: Women's Teas

Men and women have very different needs, both emotionally and physically. We at Distinctly Tea understand this, and now offer a line of teas created specially for women to enjoy, not to mention reap the health benefits.

These herbal blends are specially formulated to help women with issues only had by women. For example, Monthly Ease Tea includes herbs like Cramp bark to relieve menstrual cramps, ginger root to increase blood flow to the pelvic region as well as spearmint to help with cramping and muscle aches.

Another women's tea is Flashes tea, containing herbs like oatstraw, which acts as a mild sedative, chickweed which acts as a mild diuretic and anti-inflammatory, and Sage to help with night sweats and hot flashes.

Another women's tea to try is the Women's Balancing Tea. This tea promotes inner tranquility and peace. It includes herbs such as nettle leaf which is rich in calcium, iron and vitamin A, all of which become depleted in women as they age. As well, horsetail helps to strengthen bones and hair. Dandelion root works with this tea to help cleanse the hepatic system (the system that filters negative bodies out of the bloodstream).

There are a wide variety of women's teas in store right now, and Distinctly Tea would love to help you find the perfect one.

## Tea makes the perfect present!

Stuck on what to get someone for Christmas? Introduce them to the world of tea! Distinctly Tea carries hundreds of different varieties of tea, ranging from traditional to fun and fruity blends.

Have a friend that's trying to get away from drinking so much coffee? Get her Yerba Mate.

What about a friend who is always drinking high-sugar beverages? Try one of the sweet fruit blends!

What about no caffeine? Distinctly Tea carries a wide variety of different herbal blends without caffeine.



## Algae with breakfast? Try Chlorella!



Photo credit: California Academy of Health. Primary research also from this source.

This deep green powder is so much more than meets the eye. Chlorella is a single-celled algae that has been around since before the dinosaurs and it packs a super-healthy punch. Chlorella is full of vitamins and minerals as well as chlorophyll, thus its deep green colour. Chlorophyll has amazing detoxifying properties in the body and can help with your overall health. It also contains a lot of healthy fats.

Distinctly tea carries chlorella powder in its herbal section. Try mixing a teaspoon into your morning orange juice for a few weeks and see how your overall health improves.

Distinctly Tea Chlorella has a cracked cell wall to support digestion.

## Polish Pottery Bowls

This Christmas, introduce someone on your list to the beautiful world of Polish Pottery with one of our large bowls hand painted in a variety of colors and designs: from cobalt blue in Mardi Gras or Polka dot pattern, through vivid reds and oranges in Rainbow and Poppies Galore to earthy and calming browns and greens in Butterfly Fields and Marigold. These designs are sure to please even the most discerning on your to buy list. **Large bowls** make beautiful tabletop centerpieces. Salad **bowls** are great for serving almost any hot or cold dishes: salads, stews or mashed potatoes. Small **ice**



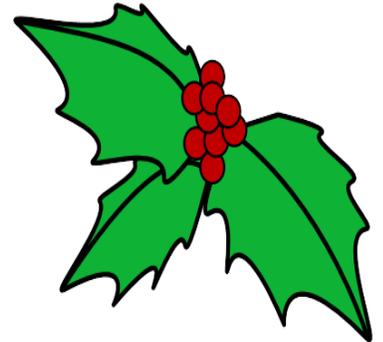
**cream, snack** and medium **cereal bowls** are fun to use and display around the house, and they don't need to be used just for food! Store jewellery in them adding both beauty and functionality to your space.

Polish pottery makes a beautiful gift any time of the year. Giving these beautiful pottery pieces for Christmas will show thoughtfulness and great taste.

**All bowls are 15 % off in December**

Our **Pattern** of the month- **Unikat BUTTERFLY FIELDS** is **20 % OFF**

*HAPPY  
HOLIDAYS  
from  
DISTINCTLY  
TEA*



## Soft Gingerbread Cookies

Holiday baking is upon us, so why not sneak in a couple health benefits along the way. Ginger not only soothes the stomach (great after all those rich, heavy meals), but it also acts as a great pain manager and is reported to help boost immune function. Feed your friends some tasty treats and know they're reaping the benefit of this wonder-root!

### Ingredients:

- 2-1/4 cups flour (whole wheat or all purpose)
- 2tsp Distinctly tea Ginger Root Powder
- 1tsp baking soda
- 3/4 tsp Distinctly Tea Organic Cinnamon Bark Powder.
- 1/2 tsp. Cloves
- 1/4 tsp salt
- 3/4 cup butter, softened
- 1 cup white sugar
- 1 egg
- 1 tbsp. water
- 1/4 cup molasses
- 2 tbsp. sugar

### Directions:

Preheat the oven to 350 degrees Fahrenheit. Start by sifting together the flour, baking soda, cinnamon, ginger, cloves and salt. Cream the butter and sugar together until light and fluffy, then blend in egg. Next, add the water and molasses. Slowly add your dry ingredients to the wet mixture by stirring (not beating) the ingredients together. It's important to do this step without an electric mixer so you don't overwork the batter. Once everything's mixed, shape walnut-sized bits of batter into balls, then roll them in the remaining two tbsp. of sugar. Place on a baking sheet and flatten slightly. Bake the cookies for 8-10 minutes. You don't want them to go too deep a brown, so keep an eye on them! Let the cookies cook a few minutes on the baking sheet, then transfer to a wire cooling rack. Enjoy!

