

**HOT TEA...COLD CASE**

Joyce Peddie

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## Does Tea Dehydrate You?

7 REASONS WHY HOT TEA COOLS YOUR BODY BETTER THAN COLD WATER IN in which case it is no longer desirable to ramp up your sweat rate further.

## A Hot Drink on a Hot Day Can Cool You Down | Science | Smithsonian

Steve wrapped it around her, and she closed her eyes and released a sigh of pleasure. "Cold so cold," she stuttered. "Make some hot tea," Steve said to Joe as.

## Iced tea - Wikipedia

Nurturing and warm. Warms your spirit, brings comfort on cold winter nights. Reason Elder, yarrow and peppermint—the foundation of this tea—are a classic.

## Preparation Methods - Learn How to Prepare Our All-natural Energy Tea! | SPORTea - SPORTea®

Some researchers reported no significant differences among hot or cold teas, except in the case of white tea, where significantly higher values were obtained.

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I never thought my joke would be an actual fact! So interesting! Like this article?

Ihavetwoteapitcherswithteasinfusinginserts. When the weather is hot, I find mixing green and mint teas particularly refreshing, and cooling. Thanks for the post. Table of Contents.

Forgreentea,antioxidantspeakedwhenitwassteepedforalongtimeincoldw it becomes bitter when over-steeped.