



Grüner Tee - Zubereitung, Heilwirkung, Rezepte (German Edition)

Ingrid Pfendtner

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Tee ist das älteste und beliebteste Getränk der Welt. Einst

– so erzählt die Legende – weilte der große chinesische Kaiser Shen Nung in seinem Garten. In der Hand hielt er eine Trinkschale mit heißem Wasser. Da blies der Wind von einem nahe gelegenen Strauch ein Blatt in diese Schale – und der Kaiser vernahm einen zarten, angenehmen Duft. Er kostete von dem Getränk – und der Tee war erfunden.

Grüner Tee ist Genuss- und Heilmittel zugleich. Er schmeckt, stärkt Seele, Geist und Nerven und hilft, die Gesundheit zu erhalten. Er wirkt entspannend und verleiht neue Energie.

Grünen Tee können Sie jederzeit in beliebiger Menge trinken. Er schult die Sinne und vermittelt Ruhe und Gelassenheit. Die Zubereitung lenkt die Aufmerksamkeit auf den kommenden Genuss, der feine Duft erheitert die Sinne, die Wirkstoffe schmeicheln den Nerven.

Dieses Buch zeigt, wie Sie sich die heilende und fördernde Wirkung des Grünen Tees zunutze machen, ihn richtig zubereiten und entspannt genießen.

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