

## Tea Database

Name of tea	What's it made of?	Can I have it?	Notes
Anise Tea	Aniseed flavoured tea made from either the seeds or the leaves	Yes, but read contents	Before purchase check the contents - if it's seeds or a mixture of seeds and leaves do not drink.
Artichoke tea	Made from the buds.	No	The artichoke looks like a giant thistle and the tea is made of the edible buds or "Choke" of the plant.
Bee Balm (also known as Oswego Tea)	Made from flowers	No	Citrus aroma.
Bhang Tea	Made from black tea leaves and the leaf of the cannabis plant.	No	LighterLife can not advocate the use of any listed substances. It is useful, however, to be able to identify this tea under its Indian name.
Blackberry & Elderflower	Fruit, flowers and leaves.	No	Only tea made from the leaf is listed as part of Total or Lite.
Boldo Tea	Made from the leaf	Yes	Used in South America, is said to calm upset stomachs.
Catnip tea	Made from the leaf and flower	No	Best known for its effect on cats, is also used as a mosquito repellent.
Cerasse tea	Made from the fruit	No	A bitter herb, most likely to be seen in Jamaican settlements.
Chamomile	Chamomile Flowers	No	Only tea made from the leaf is listed as part of Total or Lite.
China Rose Petal Tea	Black leaf tea with rose petals.	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has flowers added, so fall outside the boundaries. It's suggested that clients can drink Keemun or Yunnan china teas which are made exclusively from the leaf and are designed to be drunk without milk of lemon.
Cho-Yung Tea	Mixture of leaf, roots and seeds	No	Also makes weight-loss claims based purely on the anti-oxidant properties of green tea. Should be avoided as this conflicts with the Programme.
Chrysanthemum Tea	Made from the flower	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has flowers added, so fall outside the boundaries. It's suggested that clients can drink Keemun or Yunnan china teas which are made exclusively from the leaf and are designed to be drunk without milk or lemon.
Cinnamon Tea	Made from bark	No	Only tea from the leaf is listed as part of LighterLife Total.
Dandelion Tea & Coffee	Made from the root	No	Was used in the UK war years as a coffee substitute. Is very bitter so drink the real stuff - it's nicer!
Dill Tea	Mostly made from the leaf, but some versions contain flowers and seeds.	Yes, but read contents	Before purchase check the contents - if it's not made solely from the leaf do not drink. Often consumed to ease an upset stomach.
Earl Grey Tea	Black (oxidized) leaves from the camellia sinensis or camellia assamica bush and oil extracted from the rind of the bergamot orange.	Yes	This is a standard, everyday leaf tea. Clients may query what looks like the addition of citrus, however research has shown that there's a tiny quantity used and often it's a flavour extract.
Echinacea Tea	Made from the flower	No	Old herbal cure which is believed to ease cold or flu symptoms.
Essiac Tea	A blended tea herbal tea made from bark and root.	No	Contains greater burdock root ( <i>Arctium lappa</i> ), slippery elm inner bark ( <i>Ulmus rubra</i> , formerly known as <i>Ulmus fulva</i> ), sheep sorrel ( <i>Rumex acetosella</i> ), and Indian or Turkish rhubarb root.
Exotic fruits leaf tea	Black tea with natural oils of grapefruit, passion fruit and mango, with cornflowers and marigold petals.	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has too many additions from flowers and fruit for it to be included.
Fennel Tea	Made from bruised seeds	No	Also used as a traditional aid to weight-loss, so break additional boundaries if the client is drinking this to assist with weight-loss.
Feyan Tea	Green Tea, Lotus Leaves, Cansia Seeds, Vegetable Sponge	No	The seeds rule this out, and it makes claims to be a herbal aid to slimming so, although there is no substantiated evidence for its effectiveness, should not be consumed while on any stages of LighterLife. It is also said to aid constipation.
Gentian Tea	Made from flowers and roots	No	Reputed to have healing qualities, the tea has a strong very bitter flavour.
Ginger Tea	Ginger Root	No	Only tea made from the leaf is part of Total or Lite.
Ginseng Tea	All varieties made from dried and/or powdered root	No	Said to increase the body's resistance to stress.
Green teas with lemon, peach or passion fruit	Blend of green China tea with fruit granules	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has fruit added, so fall outside the boundaries. It's suggested that clients can drink Keemun or Yunnan china teas which are made exclusively from the leaf and are designed to be drunk without milk or lemon.
Gunpowder Tea	Green leaf tea	Yes	Gets its name from its distinctive leaf style, which is said to resemble gunpowder shot! The tea is steamed, rolled by hand and dried in large open pans over a fire. When hot water is added to the tea it unfurls to reveal whole leaves floating in a clear green liquor, with a fresh, delicate flavour.
Hawthorn Tea	Made from the fruits	No	Is also used as a traditional herbal medicine to reduce fatty levels in the bloodstream.
Hibiscus Tea	Made from the calyces (sepals) of the <i>Hibiscus sabdariffa</i> flower	No	May be mixed with Rosehip tea to give a more robust flavour.
Honeybush Tea	Made from oxidised leaves	Yes	Similar to Rooibos in flavour.
Hydrangea Tea	Made from the leaf	Yes, but read contents	Only drink teas made from the leaf of Hydrangea serrata Amacha, other leaves contain a toxin.
Jasmine Tea	Green or white leaf tea with Jasmine flowers	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has flowers added, so fall outside the boundaries. It's suggested that clients can drink Keemun or Yunnan china teas which are made exclusively from the leaf and are designed to be drunk without milk or lemon.
Jiagulan (also known as xianco or poor man's ginseng)	Made from the leaf	Yes	Has calming effects and is used as a herbal cure for jet lag.
Kapor Tea	Made from the leaf	Yes	Also known as Fireweed tea - this is the common UK roadside flower
Kavor Tea	Made from the root and the bark	No	Supposed to promote talkativeness and relaxation.
Ku Ding Tea	Made from the leaf	Yes	Used for herbal detoxification.
Labrador Tea	Made from the leaf	Yes	Caution - Labrador tea contains ledol, a toxic substance which if consumed in excessive quantities can cause cramp.
Lady Grey Tea	Black (oxidized) leaves camellia sinensis or camellia assamica and oil extracted from the rind of the bergamot orange, Seville orange and lemon.	Yes	A standard, everyday leaf tea. Clients may query what looks like the addition of citrus, however research has shown that a tiny quantity is used thus does not pose a threat to ketosis.
Lapacho Tea	Made from bark	No	Also known as "Red Trumpet Bush" tea.

## Tea Database

Lapsang Souchong Tea	Black (oxidized) leaf tea.	Yes	The distinctive smoky aroma is derived when the leaves are rolled and dried, then placed into bamboo baskets and smoked over wood fires. A refreshing and useful tea which is ideal for the Programme as it's designed to be drunk without milk or lemon.
Lemon Balm	Made from the leaf	Yes	Similar to mint tea with a milder flavour and a touch of citrus.
Lemon Grass Tea	Some made from leaf, others questionable.	No	There are many different blends of lemon grass tea on the market, some contain ingredients which are not leaf and others don't list contents. Lemon grass in its pure form has a carbohydrate content of 89% and although the tea is an infusion it breaks programme boundaries.
Lemon Verbena Tea	Made from the leaf of the Aloysia Triphylla.	Yes	Makes a light, aromatic and refreshing tea. Can also be found in Green tea blends.
Liquorice Tea	Made from the root	No	Popular full-flavoured tea, but its outside the boundaries.
Lime Blossom Tea	Made from dried flowers of the Lime tree	No	Herbal remedy for hay fever.
Linseed Tea	Made from grain	No	This recipe should put anyone off making it! 2 tbsp linseeds in 1 litre of filtered water. Bring to boil then leave overnight. In morning simmer for 1 hour (very low heat to avoid overflowing and making a big gloopy mess). Sieve straight away and save excess for later. When cold it will set. If you need to use only some of it later use a knife to cut through it to avoid it all coming out as one. The tea can be diluted and warmed though again.
Mate (Yerba Mate)	Made from the leaf	Caution	Contain caffeine, and is the national drink of Argentina. Also main ingredient of the marketed herbal slimming product "Zotrim", so may be best to avoid as it breaks boundaries for clients who think they are taking an additional "slimming aid"
Mate de coca (Coca Tea)	Made from the leaf of the Coca plant	Yes, but read contents	Drink only the decocainized version which is sold in filter bags. Loose tea is considered illegal as it contain a minute quantity of cocaine.
Mint tea	Made from the leaf	Yes	Generic name for tea made from the family <i>mentha</i>
Mistletoe Tea	Made from the leaf	Yes	Made from the European species <i>Viscum Album</i> , unusual tea which is made by seeping the leaves in cold water for 2-6 hours. Move over Quick Brew!
Moroccan Mint	Blend of green China tea with pure peppermint leaves	Yes	Leaf ingredients make this a light and refreshing tea. Ensure you order the un-sweetened version when on holiday.
Mountain Tea	Made from stems, the leaf and flower	No	Also known as Ironwort, Shepherd's Tea, or Pirin Tea
Neem Tea	Made from the leaf, or a mixture of all parts of the tree	Yes, but read contents	Widely used throughout India as a herbal remedy for almost everything! Check the packet carefully to ensure that the tea only contains the leaf.
Nettle Tea	Made from the leaf	Yes	Strong flavour, useful iron content and if Lite clients use young nettle leaves they can eat them as well!
Oksasu Cha	Made from roasted corn	No	Korean tea
Pennyroyal Tea	Made from stems, the leaf and flower	No	Can be toxic - the oil produced by the flowers is very concentrated and should be avoided.
Peppermint Tea	Leaves of the common Peppermint plant x <i>piperita</i>	Yes	Peppermint has a clean, refreshing, and aromatic flavour, and is said to settle the stomach after eating. It is also thought to be good for relieving headaches and as its naturally caffeine-free.
Pine Tea (Tallstrunt)	Made from young pine needles	Yes	Supposed to be popular in Sweden - well, something has to be - is high in vitamin A & D. Unsurprisingly smells like disinfectant.
Postum	Made from roasted wheat	No	Used as a coffee substitute.
Raspberry leaf Tea	Made from the Leaf	Yes	Widely used in herbal medicine, especially in the treatment of menstrual cycle pain.
Roasted Barley Tea (also known as Mugicha or Bori Cha)	Made from the seed	No	Is used as a replacement for coffee - is also drunk cold.
Rooibos Tea (also known as Redbush)	Black or green tea, made mostly from the leaf	Yes, but read contents	Caffeine free, low in tannins and high in antioxidants. It has a light, slightly sweet flavour. Use caution as some cheaper versions are bulked up by using the stem or flowers of the plant. Recommendation to read the contents before purchasing
Rose Hip Tea	Made from the rose fruit or "hip"	No	Often blended with hibiscus flowers in teas.
Roselle Tea	Made from the flower	No	Commonly found in herbal fruit teas - it's this flower which gives the characteristic red colour.
Rosemary Tea	Made from the leaf	Yes	High in iron, calcium and vitamin B6 - also proven to aid memory - where did I put my tea?
Sage Tea	Made from the leaf	Yes	
Sassafras Tea	Made from the root	No	Also used to flavour beer. Now banned in the USA as long-term use is thought to contribute to liver damage.
Scorched Rice or (Hyeonmi Cha)	Made from roasted rice grains	No	Similar in flavour to barley water without the addition of flavourings like lemon.
Skullcap Tea	Made from a mixture of the leaf and flowers	No	Used as a relaxant and an aid to sleep.
Spearmint Tea	Leaves of the common Spearmint plant.	Yes	Spearmint has a clean, refreshing, and aromatic flavour, and it's ideal for settling the stomach after eating. It is also thought to be good for relieving headaches and as its naturally caffeine-free is a useful tea to drink during the early stages of the Programme.
Spicebush Tea	Made from the leaf and fruit	No	peppery, aromatic taste.
Spiced Orange Tea	Whole leaf black tea from China, blended with orange peels, cinnamon pieces, cloves, and marigold petals.	No	Only tea made from the leaf is listed as part of Total or Lite. This black leaf tea has too many additions from flowers, bark and fruit for it to be included.
Spruce Tea	Made from young Spruce needles	Yes	Not as aromatic as Pine tea and takes longer to brew. High in vitamin C.
St John's Wort	Made from the leaf & flower	No	Widely used to treat depressive disorders, if a client wants to take this it might be worth referring to Medical Department.
Stevia Tea (Sweetleaf, sugarleaf)	Made from the leaf	No	Use is banned in European Union due to health concerns over toxicity levels.
Sumac Tea	Made from the fruit of the Stagshorn Sumac	No	Served cold and made into a pink lemonade.
Thyme Tea	Made from the leaf	Yes	Strong flavour, herbal treatment for bronchitis.
Tulsi Tea	Made from the leaf	Yes	Used in Hindu worship of Vishnu.
Valerian Tea	Made from the flower	No	Valerian, as a herb, is used for insomnia and other disorders and can be used as an alternative to benzodiazepine drugs. However most of these research studies have shown it to be ineffective.

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Vanilla Tea	Sweet vanilla pieces and natural vanilla oil blended with a light black China leaf tea.	No	Vanilla is a flavouring derived from a species of orchids' ripened pods. Despite the leaf content, this sweet blended tea could have an impact on fetosis, as well as being outside Programme boundaries.
Verbena (Vevains) Tea	Made from the flower	No	Legends held it that vervain protects people from vampires, by mixing it up as a herbal tea and keeping it near you, no need to drink it. Useful for Total clients suffering from Vampire infestation.
Woodruff Tea	Uses all the plant	No	Also used as a moth deterrent
Yarrow Tea	Usually made from the leaf	Yes, but read contents	Valuable herbal medicine, the flowers are also drunk as a tea which is said to ease severe bruising.
	Sweet Chai ( an ayurvedic spice infusion)	No	No as tea must be from the leaf and not from the root! This tea contains many components that are not leaf-based tea