

## **The Fifth Cup of Tea**

### **Tea as Medicine**

When do we make a cup of tea and savour this delightful drink? To heal ourselves? To boost our energy, calm our minds, or aid meditation? How does tea influence our health, and what effect does it have on our bodies and minds? Could it harm us? How did our ancestors in Europe centuries ago or Chinese doctors thousands of years ago view tea's medicinal properties? Discover the effects of the tea plant by observing the leaves of the shrub in front of you.

### **Why are the leaves of different colours?**

Light green - Effects of tea according to traditional Chinese medicine

Medium green - Effects of tea on health according to Renaissance and Baroque scholars

Dark green - Effects of tea according to modern scientific findings

### **Light Green**

- IMPACTS THE LIVER, HEART AND BLADDER MERIDIANS
- QUENCHES THIRST
- REFRESHES EYES AND MIND
- EXCESSIVE CONSUMPTION CAN CAUSE MUCUS BUILD-UP
- AIDS DIGESTION
- SUPPORTS EXCRETION OF MUCUS, URINE, AND HARMFUL SUBSTANCES

### **Medium Green**

- TEA SUPPRESSES SLEEP  
*French Jesuit Alexander de Rhodes in Vietnam (1640–1646)*
- CONTRIBUTES TO THE EXCEPTIONAL FITNESS OF PEOPLE IN EASTERN LANDS  
*General belief in Western Europe in the 17th century*
- EFFECTIVE AGAINST KIDNEY STONES, HEADACHES, STOMACH WEAKNESS, INTESTINAL CRAMPS AND PHYSICAL WEAKNESS  
*Dutch physician Nikolaes Tulp (1652)*
- CLEANS THE BODY PERFECTLY; TAKE WITH A DROP OF BRANDY AFTER GREAT EXERTION  
*Dutch physician Cornelius Bontekoe (1678)*

- TEA HAS A THOROUGHLY POSITIVE EFFECT ON HEALTH  
*German physician Engelbert Kaempfer (1712)*
- TEA STIMULATES EUROPEANS WHILE CALMING ORIENTALS  
*Breslau physician Philipp Jacob Sachs von Löwenheim (1671)*
- THREE-DAY FEVER DEVELOPED DUE TO TEA DRINKING  
*German physician Daniel Crüger (1686)*
- TEA PROMOTES DIGESTION  
*German physician Michael Ettmüller (1690)*
- TEA WEAKENS STOMACH FERMENTATION, HARMING HEALTH; RECOMMENDS DRINKS MADE FROM LOCAL HERBS  
*Dutch physician Johann Ludovicus Hannemann (1687)*

### **Dark Green**

- CONTAINS CAFFEINE, JUST LIKE COFFEE
- DOES NOT RAISE BLOOD PRESSURE, UNLIKE COFFEE
- RICH IN MINERALS: PHOSPHORUS, IRON, SODIUM, CALCIUM, SULFUR, SELENIUM AND MANGANESE
- ACTS AS A TONIC, STRENGTHENING THE ENTIRE BODY
- ENHANCES APPETITE FOR PHYSICAL AND MENTAL ACTIVITY
- GREEN TEA LOWERS BLOOD SUGAR AND CHOLESTEROL LEVELS
- IMPROVES AND DEEPENS BREATHING
- HAS A DIURETIC EFFECT
- PREVENTS TOOTH DECAY
- POSSESSES ANTIOXIDANT PROPERTIES

Feel free to write your own insights on tea on the cut-out paper leaves.