

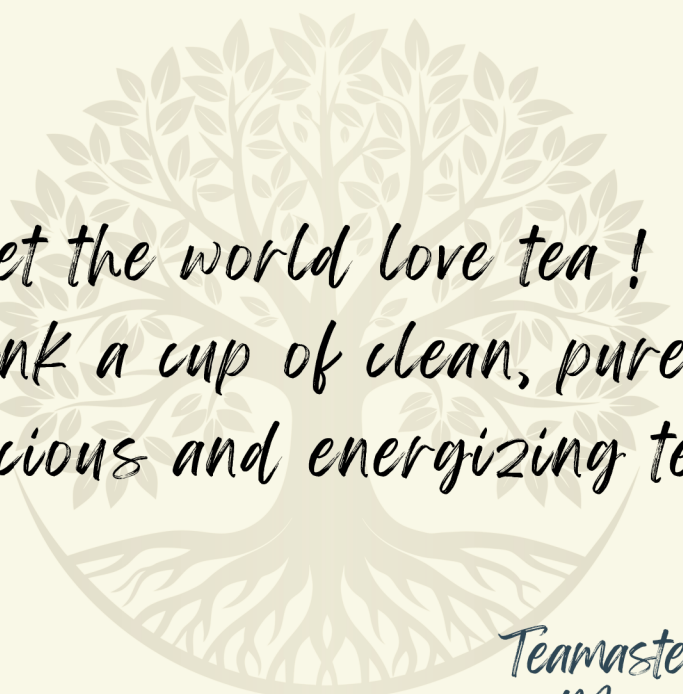
A PRACTICAL GUIDE FOR ORDINARY PEOPLE TO UNDERSTAND CHINESE TEA

**DRINK RIGHT TEA TO PROMOTE LONGEVITY !
DRINK WRONG TEA MAY CAUSE HEALTH ISSUES !**



Teamaster May





*Let the world love tea !
Drink a cup of clean, pure,
delicious and energizing tea!*

*Teamaster
May*

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Preface



Drinking Tea the Right Way Matters More Than Drinking "Good" Tea.

Before writing this book, I met many people who were "troubled by tea":

A 28-year-old girl drank iced green tea with her colleagues in summer and ended up having diarrhea every day. She thought her stomach was just weak, but later realized she was naturally sensitive to cold—the "cool nature" of iced green tea was simply not suitable for her. An aunt, 55, heard that aged white tea is good for health, so she bought strong aged white tea and boiled it to drink. However, she suffered from insomnia every night. It turned out she was sensitive to caffeine, and the high caffeine content in the strong tea kept her awake all night.

There was a 30-year-old office worker who relied solely on raw Pu'er tea to shed some pounds. Unfortunately, he ended up experiencing a bitter taste in his mouth and acid reflux, only to discover he had a "heat-sensitive but weak stomach" constitution—the potent qualities of raw Pu'er tea aggravated his stomach lining.

It's not that they dislike tea or have never enjoyed "good tea". The issue lies in their misunderstanding of a key principle: there is no absolute definition of "good or bad" tea; rather, it's about what is "suitable or unsuitable" for each individual. Just as wearing short sleeves in winter or a down jacket in summer can be uncomfortable, consuming the wrong tea— regardless of its price— can become a burden.

Many of us are often misled by various assertions: "The more expensive the tea, the healthier it is," "Overnight tea is toxic," "Cold-brewed tea has no caffeine," and "Aged tea is better than new tea." These vague rumors can leave people hesitant to drink tea or feeling unwell after consuming it. In reality, enjoying tea doesn't have to be complicated. You don't need to master the "tea ceremony," memorize the "origin and craftsmanship," or invest in costly tea sets. Simply focus on two essential aspects: your constitution and the "nature" of the tea.

The "Nature" of Tea: A Simple Guide

Tea can be categorized into three main types based on its nature: "cool," "warm," and "neutral."

- **Cool-natured teas:** Green tea and white tea are ideal for those sensitive to heat or prone to "internal heat."
- **Warm-natured teas:** Black tea and ripe Pu'er tea are suitable for individuals sensitive to cold or with weak stomachs.
- **Neutral-natured tea:** Oolong tea is versatile and can be enjoyed by most people.

Determining your own constitution is straightforward:

- If you're sensitive to cold, opt for warm-natured teas.
- If you tend to feel hot, choose cool-natured options.
- For those experiencing insomnia, avoid high-caffeine teas.
- If you have a delicate stomach, steer clear of iced and strong teas.

This book does not aim to delve into complex tea knowledge or endorse pricey varieties. Instead, it seeks to provide straightforward guidance on the essentials of tea:

- **For tea novices:** Discover "three steps to assess your constitution" and "how to choose tea by reading the packaging" to avoid being misled by "professional jargon."
- **For trendy tea enthusiasts:** Learn "how to brew cold-brewed tea without discomfort" and "how to prepare fruit tea at home with minimal sugar," making it healthier and more economical than store-bought options.
- **For those with specific needs:** Find a "customized tea list" to ensure a comfortable and safe tea-drinking experience.

This guide focuses on practical techniques rather than complex theories. You'll discover methods such as the "3 Simple Guidelines for Selecting the Perfect Tea (Say Goodbye to Mistakes!)", "From "Choosing Right" to "Drinking Right"—Steering Clear of All Pitfalls", and "Embrace Tea in Your Life—Sip with Comfort and Joy" . Additionally, there are user-friendly reference tables—including a table of tea natures, a list of forbidden scenarios, and a storage guide. No need to memorize everything; simply consult the tables whenever necessary to find your answers.

I've always felt that tea should serve as a "little comfort" in our lives. Imagine starting your day with a refreshing cup of green tea, enjoying a soothing oolong tea in the afternoon, and savoring a warm cup of boiled white tea during winter. There's no need for formality or fuss—what matters is that it tastes smooth and brings comfort to your body; that's the essence of great tea.

My hope is that this book will help you avoid the hassle of "drinking the wrong tea," assist you in discovering the perfect tea for your taste, and transform the act of drinking tea into a simple and joyful experience. So why not brew a cup of tea and take your time reading? Starting today, embrace the art of drinking tea the right way.

*Teamaster
May*

The Author



Hello there ! I'm Teamaster May

Tea Master May is a professional Tea Lecturer, Senior Tea Therapy Consultant, Tea-Appraiser, and Tea-Artist based in Hong Kong. She graduated from the School of Chinese Medicine at Hong Kong Baptist University, specializing in Tea Therapy and Nutritional Study for Health Preservation. Certified in China's National Tea-Appraiser (First Level) and Tea-Artist (Second Level), she also holds qualifications in Children's Tea Art Guidance.

May promotes tea culture globally, serving as the Chief Product & Training Lecturer of China National Traditional Heritage Fuzhou Jasmine Tea. She has visited major tea production regions in China and abroad, applying her expertise to improve physical health through tea drinking. She emphasizes the importance of matching tea to one's physical condition and tailors her advice to different age groups, achieving notable results in mindfulness and well-being.

Fluent in Cantonese, Mandarin, and English, May conducts tea education and tastings for international audiences, and she has been invited to speak at schools, universities, and various organizations. Her goal is to help people enjoy a healthy and perfect cup of tea for a happy life.

