

# What is Black Tea?

Black tea is used in promoting the body's ability to natural heal itself. This article will discuss black tea and its healing properties.

Tea is mostly grown in the higher elevations of China, Japan, India, and East Africa. [Black tea](#) is one of three varieties of teas. There is black, green and oolong tea; black tea is the most common form of tea.

caffeine is a very important part of Black tea, because of its low amount of caffeine, it is excellent in promoting [blood flow](#) through the brain without exerting the heart. This allows the brain to sharpen its mental focus and concentration. Black tea with its infection fighting priorities helps relieve diarrhea, lower [cholesterol levels](#) and also is used to prevent [tooth decay](#).

Black tea is known to decrease stomach acids which will prevent gastritis. Black tea also contains fluoride which helps prevent tooth decay. There are several different ways to prepare black tea; here are a few different variations to help promote [natural healing](#) in the body.

**You will need** three teaspoons black tea, three teaspoons peppermint tea, the juice of one lemon, sugar and ice. To make pour four [cups boiling water](#) over the black and peppermint tea, then add sugar, lemon and ice. Drink three times a day to improve digestion and stimulate brain function.

**You will need** four teaspoons black tea, sugar to sweeten and ice. Boil three cups water and pour over black tea, add sugar to sweeten and pour over ice. Drink this mixture three times a day to help alleviate high cholesterol.

Black tea is an excellent source of tea to promote the body's natural healing ability.