

Why Tea Is Best Taken Without Milk and Sugar

As Understood In Class Session of Guruji Swami Shree Yogi Satyam - Meeramata



Tea is a type of herb, just as *tulsi* is a herb, that can be found on the mountains. It is well-known that when *tulsi* is boiled along with milk and sugar, it loses its value and goodness. In the same way, when we prepare tea with milk and sugar, in addition to losing its value, we experience increase in acidity, increase in tension in the intestines and as well, the liver is overworked and becomes weak. To understand why this is so, let us have a basic understanding of the digestive system and the digestion process...

Basics of Digestive System

Food, that we intake through the mouth, moves slowly through the oesophagus into the stomach and then into the duodenum and the small and large intestines. Digestion of food takes place in three main areas – the mouth, stomach and small intestine.

The duration of time necessary for the digestion of food is dependent on the quantity and type of food being digested. It takes about two to two-and-a-half hours for food to be digested in the stomach. In the small intestines, it takes between four to five hours. Other important organs of the digestive system are the pancreas and liver. When food is present in the duodenum, a signal is sent to

stomach. As well, they convert the food into an alkaline medium so that it may be digested in the small intestine. Any food that is left undigested is removed from the system as waste - faeces and urine.

For Sweetness In Tea...

The sugar that is normally used is actually sugar-cane that is chemically processed. Chemically processed substances are not ideal for consumption. We each produce natural sugars within ourselves that is best for us. If we would like to have some sweetness in our tea, it is better to use raw sugar, molasses or *gura*.

Prepare tea that is of good medicinal value:

TEA THAT IS BEST FOR ALL...

- 1) Place some water in a pot to boil.
- 2) After water boils, remove the pot from the stove.
- 3) Add tea leaves into the water. As a guide, add one teaspoon of leaves in approximately 8 cups of water.
- 4) Cover the pot for 2-3 mins.
- 5) Filter leaves and serve.



Tannin Disturbs Health of Stomach & Stomach Walls...

Tea leaves should not be boiled along with the water as that causes the substance, tannin, to be released into the water. Tannin causes thickening of the stomach walls, affecting its normal functioning. This will in turn disturb the ability of digestion in the stomach. That is why boiling of tea leaves along with water is not recommended.

Tea Taken In Pure Form Serves As Vasodilator

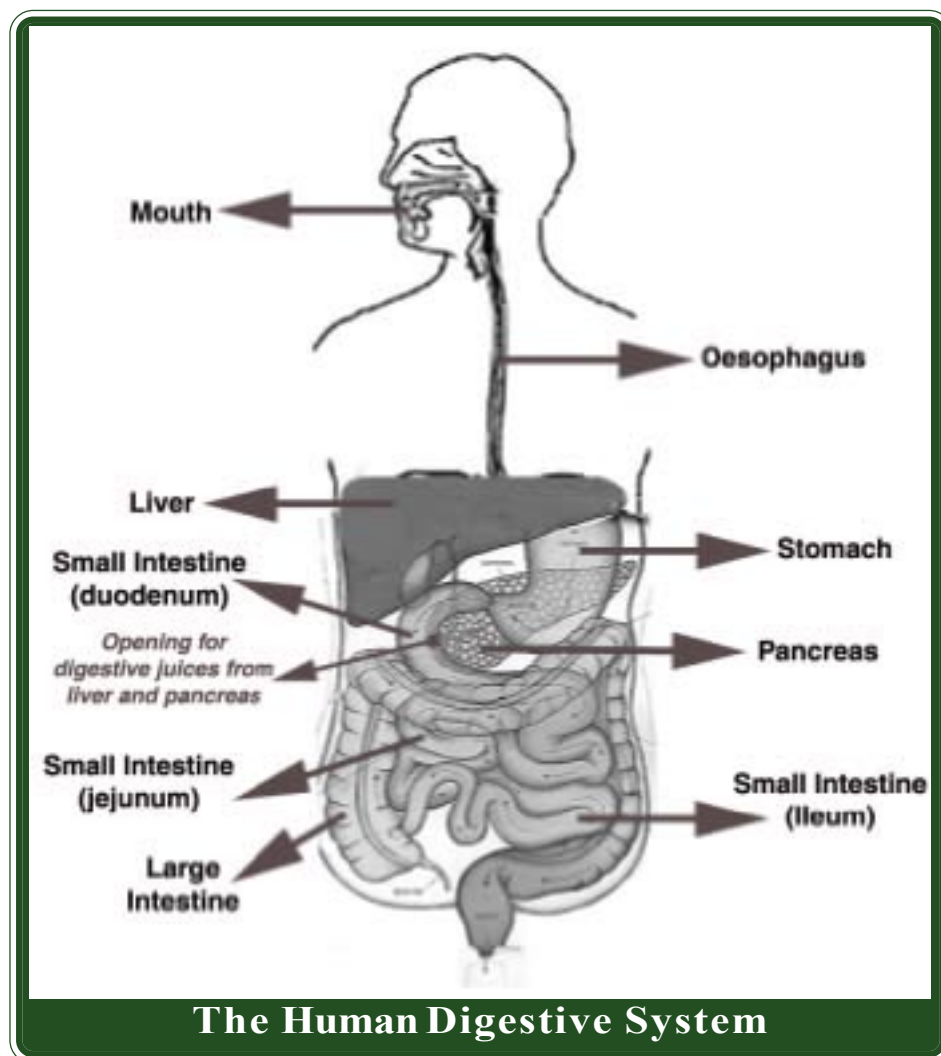
Tea taken in the pure form is a good vasodilator. What is a vasodilator? Take for example the heart organ. It has four chambers. The muscles of the heart need blood to function properly. For the flow of blood to and from the heart, we need proper clear channels. If we have deposits in the arteries, the heart is unable to receive the full quantity of blood required. This condition is known as angina. When we take tea purely without any sugar and milk, it serves as a good vasodilator to clear the channels of the heart, preventing such problems from arising.

As well, other ducts and channels of all the body systems are kept clear as well. Another example is that of the bile duct. The liver releases bile juice through the bile duct. If the dilation of the duct is reduced, the bile juice will begin to accumulate in the duct, forming bile stones. Tea, taken without sugar and milk, serves as a good vasodilator to clear this duct so that the bile content can easily flow into the duodenum and intestine.

The practice of Kriyayoga brings about automatic vasodilation.

Alkaline Nature of Tea

When we take tea prepared without milk, sugar and without boiling the tea leaves in the water, the alkaline nature of the tea will keep the intestines in a healthy state. Also, it will cure all intestinal problems - piles, flatulence and formation of gas. The stomach will not be bloated and we will not feel any lethargy. At the same time, the liver will not be stimulated to produce bile juice repeatedly, causing it to overwork. ☺



The Human Digestive System

the brain to trigger the pancreas and the liver to secrete pancreatic and bile juice respectively. These two juices contain necessary enzymes for digestion of proteins, carbohydrates and fats. It is important to note here that bile juice is produced in a limited amount each day. The pancreatic and bile juice combine in the duodenum and help to neutralise the acidic content of the food from the

Tea With Sugar & Milk Causes Liver To Over-Work ...

Let us understand what happens when we take tea with sugar and milk. Milk is a protein and sugar is a carbohydrate. When both these products enter the duodenum, there will be a stimulation and a message is sent to the brain for the liver to release bile juice. We may have taken only two cups of tea, yet the liver produces bile juice in its full capacity. After two hours, we may once again take a cup of tea with milk and sugar. The liver will then once again be triggered to release bile. In this way, through the day, the liver is triggered repeatedly to release bile juice, sometimes for tea with milk and sugar, for meals and the snacks that we may take now and then. Just as milking a cow every two hours will not produce milk properly, in the same way, triggering the liver repeatedly, not only causes the liver to over-work, but also, it will not produce a good quantity of bile. The liver can only produce bile in a good amount twice to thrice in a day. When we take our daily consumption of food, as well as, tea with milk and sugar a few times in a day, there is a high probability that there is indigestion of milk. When undigested milk enters the intestine, it causes flatulence and formation of gas. As well, the small undigested milk protein molecules, casein, are absorbed into the blood and get deposited in the soft tissues, in especially the lower regions of the body- prostate, ovaries and uterus, causing serious health conditions such as cancer...