



Pity the fool who drinks coffee

by Clayson DeBurger

Driving past a Starbucks or Coffee Bean, one knows they've an enticing aroma. One can imagine the warm, cozy feeling of sipping a caramel macchiato while dipping into a maple scone. But, one can also imagine the 1000-plus calories that—along with a giant caffeine and sugar rush—these “cozy” breakfasts can generate.

Dr. Tea grants to Angelenos an alternative approach to the day's start: a pot of tea (preferably from his oasis of tea and Chinese herbs, the Tea Garden & Herbal Emporium). Situated on Beverly Blvd. just east of Doheny, this temple of serenity welcomes its patrons with a sense of tranquil bliss, and often Dr. Tea himself is right in the front of the store to welcome his tea-lovers.

At first, Dr. Tea can be a bit intimidating; this is a guy whose fervent passion for his tea is unparalleled, plain and simple. Though to most Americans tea runs a shameful second to coffee (and soda, and juice, for that matter), Dr. Tea is happy to sit next to you at his shop and extrapolate upon the sundry benefits of his warm little elixirs.

Yes, tea does have caffeine, but it also has L-Theanine, an amino acid that interacts with alpha brainwaves to create a calm-yet-focused sensation. The effect of the L-Theanine with caffeine creates a more alert way to jumpstart one's day. Tea's also full of anti-oxidants, can lower cholesterol, aids digestion, lowers blood sugar, firms the skin, lowers risks of cancer, and helps aid in weight loss. These are not the benefits of some elusive “magical” teas. These are the benefits of your typical green, black, oolong, and white teas.

Luckily, Dr. Tea not only knows a thing or two about the benefits of tea, but he has also created some of the tastiest tea drinks—all of which are salubrious, dairy-free, and delicious! This summer, the shop started to sell FrostTEAS, a sort of tea frappac-

cino-like drink. For the reticent tea drinker, I would suggest the Matcha BuTEA, a delightful blend of Matcha green tea, pineapple, coconut, and



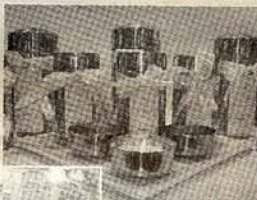
Dr. Tea is a master of the hot drink that has been around for centuries.

vanilla stevia (nature's own Splenda) that is blended with ice to create a frothy drink that could convert any ice-blended lover to tea.

Dr. Tea also specializes in creating his own blends of teas in such wonderful flavors as ginger bread, coffee (he roasts oolong tea in a coffee roaster to capture its flavor), chocolate, and vanilla, just to name a few. They also specialize in importing the best tea

made from aged Oolong tea. Only costs you \$50 a cup.

The Tea Garden & Herbal Emporium also specializes in Chinese herbs, and has a huge range of tonics and pills to help with any ailment that has been dreamt up since psychiatrists took control of the pharmaceutical world (or, vice-versa).



Macrobiotic lunches from M Café de Chaya are also served

at the Garden. I would recommend the Tuna Tataki salad that is a satiating plate full of organic greens and veggies topped with thinly sliced tuna and a tasty ponzu dressing. Other lunch items served include a madras tempeh wrap and a macrobiotic muffaletta filled with seitan, roasted red peppers, and tofu cheese.

Once you have had your fill of tea, Chinese herbs, and fake meat products, the Tea Garden & Herbal Emporium has a few other treats up its sleeve that steams away for you. Feel free to browse its library, get your tea leaves read, buy some candles that smell of tea, or treat yourself to an acupuncture session.

So, next time, skip the long fast-food line at Starbucks and rest in the gentle reprieve of the Tea & Herbal Emporium. ☞



The Tea Garden & Herbal Emporium.

from around the world. How would you like to brew a pot of tea worth \$300? Well, if you want to impress your friends, why

not brew them a pot of 1952 Guang Yun Gong Bin Pu-Erh tea. This tea, produced in the Yunnan province of China, comes in giant cakes and is

