



This month we explore an herb that I discovered recently - lapacho. Learn about the herb, its history and culture in this month's **Spotlight on...** section and its health benefits in the **Tea & Health** section. Be sure to take advantage of this month's specials in **May's Special Offers**. We continue to strive to bring you the latest information about tea and tisanes each month and we look forward to your comments and suggestions. Thank you for reading!

Spotlight on... Lapacho

Lapacho, also commonly known as Pau d'Arco, comes from a tree that is indigenous to the tropical regions of South America, particularly Peru, Argentina, Paraguay, and Brazil. Lapacho is a general reference to several species of trees within the *Tabebuia* genus, most notably *Tabebuia impetiginosa* and *Tabebuia avellanedae*.

Lapacho is a tisane, not a true tea. It is produced from the collected and dried bark of trees that grow in the wild; it is rarely cultivated. Lapacho contains several key constituents, among which include: quinones, in particular naphthoquinone and anthraquinone; coumarins; flavonoids; iridoids; and carnosol. One of the primary constituents is lapachol, a naphthoquinone that is related to vitamin K. Many of these constituents perform antioxidant functions. In addition, lapacho is purported to have antibacterial, antifungal, immune-stimulant, anti-inflammatory, and cleansing properties. Please refer to the **Tea & Health** section below to find out about the potential health benefits of lapacho.



Lapacho
Orange Vanilla

Lapacho creates an infusion that is medium-bodied with a woody, earthy flavor and a natural bitterness. Our Lapacho Orange Vanilla Herbal Tisane is a delightful blend of lapacho, orange slices and natural orange and vanilla flavors that create a smooth infusion, lacking the bitterness of the plain herb. It is great hot or iced!

Tea & Health: Lapacho Health Benefits

Lapacho has been utilized for centuries by native populations in South America as a cure-all herbal medicine. The Inca and other peoples used it to treat fever, wounds, intestinal issues, snakebite, and certain types of cancer. In fact, lapacho is still used by indigenous people as a blood purifier and as a treatment for bacterial, viral, fungal and yeast infections, inflammatory conditions, cancer and leukemia.

In This Issue

[Spotlight on.... Lapacho](#)

[Tea & Health: Lapacho Health Benefits](#)

Upcoming Events



*****Please note: We will be closed from May 17th through June 1st. Orders may be placed through our online shop and they will begin shipping on June 4th.*****

**Sunday, June 3rd
Smithtown Festival Day
Main St, Smithtown
9:00 am - 5:00 pm**

If you would like to pick up specific teas, 4oz. pouches of your favorite tea, or other products, please e-mail kristine@pleasuresoftea.com or call 631-278-5755 at least one day before the event.

Can't make an upcoming show or can't wait to restock?
Feel free to place an order online or contact us for delivery options.

**Are you new to loose tea or just want to try some different teas?
Then host your own private tea tasting!**

Invite your family and friends for a relaxing, fun and informative afternoon or evening. Select from our menu of over 170 teas and

Recent studies have demonstrated the effectiveness of lapacho against certain viruses and bacteria, and yeast. Most of the research about lapacho's effects in the treatment of cancer was conducted in Brazil and Argentina in the 1960's, and researchers have once again begun to study the anti-cancer properties. In the 1960's studies, researchers focused mainly on lapachol, the primary constituent found in lapacho, and identified that it has significant anti-tumor activities. They also found that the other constituents in lapacho have anti-tumor and immune-stimulating properties. One study showed that lapachol in excessive quantities may have toxic effects, but this was identified with lapachol in isolation, not as it is combined with the other compounds in lapacho. It is important to note that there are no known incidences of toxicity from lapacho; however, as with everything, it would be wise to consume the herb in moderation.

Consuming lapacho during pregnancy should be limited due to possible abortive effects. In addition, those on blood-thinning medications should consume the herb in moderation because of its anticoagulant properties.



Yours in tea,

Kristine Henderson

The Pleasures of Tea

herbal tisanes from around the world. We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for additional information, pricing or to schedule a date.

631-278-5755

kristine@pleasuresoftea.com

Proud Member



Contact Info

631-278-5755

kristine@pleasuresoftea.com

May's Special

Offers:

- **May12** - save 10% on Lapacho Orange Vanilla Herbal Tisane.
- **Ship2012** - free shipping on any order subtotal of \$80 or more.

Please mention one of the above codes when placing your order by phone or input it at checkout in our online shop www.pleasuresoftea.com.

Offer Expires: May 31, 2012

Only one coupon code may be used per order. Not to be combined with any other offers.