



YAR-TEA

**“Ivan-chai” (sally blooming tea)
fermented from Russia**



FULLY HANDMADE



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Subtropical tea

In Chinese culture there is a notion "stewed tea is like a poison". Let's try to make sense out of it.

Traditional Chinese tea is made of Theaceae, *Thea*, or *Thea chinensis* L. The name owes to famous plant biologist Carl Linnaeus. We should not confuse tea plant with *Camellia*. Despite biological and morphological similarity, *Camellia* shoots contain no caffeine or tannin. Homeland of tea plant is tropical and subtropical part of China and India.

On average subtropical tea contains about 1-5% of alkaloids, such as: theophylline, theobromine, xanthine, adenine, pyroxanthine, isatin, guanine, diuretin, etc. The main alkaloid of the tea is caffeine, in the amount of up to 4% it gives the drink specific bitterness and causes stimulation of central nervous system. Another notorious among the specialists alkaloid is guanine, that has toxic properties and suppresses nervous system. At the temperatures over 35-40°C caffeine and guanine get released and form toxic compounds. Only in top-quality teas they use special technology to keep alkaloids localized. Thus, while brewing a regular imported tea, we get a huge number of harmful for our body elements, the amount of which increases with the time of brewing. So drinking "stewed" or boiled tea infusion can be treated as narcotization of the body with caffeine and guanine. Similar processes happen during fermentation of subtropical tea leaves. Due to this, tea fermentation is prohibited in China and basic technology of tea making is based on spontaneous or controlled oxidation. The only exception is Pu'er (Pu-erh) tea, as sophisticated fermentation is a very important stage of this high-quality tea production.

What is more, tannins (about 18% in imported teas) bound insoluble compounds and remove Ca, Mg, P, Salts of Cu, Zn, Ni and other useful microelements from the digestive system. That is why it is recommended in Oriental countries to drink tea an hour before the meal or 2 hours afterwards, and with no sweets that stimulate salivation and digestive secretion, full of Ca and other important enzymes.

Russian tea

Russian tea drinking tradition goes centuries back in time. Russian "tea" – it is a herbal infusion, usually treated by locals as a synonym to "healing" or "recovery tool".

The main secret of Russian "tea" is a special technology of fermentation or, in other words, souring. And it is the same in regards to preparation of medical or aroma herbs. So, what is the key secret? Let's have a look.

During the evolution process some of the plants, trying to defend their vegetative organs from gluttonous insects, started producing toxic elements – pyrrolizidine alkaloids. Nearly all wild plants contain certain alkaloids. Most of them have a psychotropic or narcotic effect, and when in big doses are dangerous for people. Pretty often alkaloids are sour or bitter in taste and can cause irritation of mucous membranes, as well as to be a reason for an unpleasant fragrance. But at the same time lots of the alkaloids are exactly those healing elements so much needed for making remedies. Alkaloids effect highly depends on the dose, ranging, for example, from relaxation and sleepiness to psychomotor agitation, excessive nervousness and aggressive behavior. So you have to be very accurate with the dose, especially when healing children. What is more, toxic effect is not necessarily immediate, it can become visible after a while

or just under certain conditions. All in all, it correlates with the words of a famous physician and alchemist Paracelsus (1493-1541): "All things are poison and nothing is without poison, only the dose makes a thing not a poison".

One of the secrets of Russian tea-making is fermentation process that changes plants biochemistry and allows us to get rid of alkaloids and toxins in the final product. Plants already have everything needed for the fermentation: their sap and ferments. If you trample a leaf, part of the cells will be damaged and some sap will be released. Wet trampled leaves, full of vitamins and nutrients, will let the intracellular ferments out of vacuoles, launching numerous biochemical reactions that change leaves biochemistry, providing the leaves with new characteristics. As a result of such fermentation, final product becomes more healthful and tasty, gaining qualities that are unreachable through regular drying or souring process. That's why it is recommended to use only fermented herbal teas.

To produce high-quality tea, it's necessary to follow these conditions of fermentation:

- Optimum temperature
- Oxygen metabolism
- Optimum pressure
- pH of medium
- Optimum moisture
- And so on...

At the temperatures close to 100°C fermentation process terminates. The best method of the identification of the process end is visual and smell observation by a professional.

In ancient times people were more prudent in regard to medical plants. Only magi and witchdoctors would use them, and having both positive and negative experience of their usage, would pass this knowledge down through the generations.

As for a boom of subtropical tea-drinking, it has resulted in a raise of cardiovascular and GIT diseases, neurotic disorders, etc. Subtropical teas are rich in caffeine, guanine and tannin, and our genetic code isn't ready to deal with such an amount of pyrrolizidine alkaloids, so harmful for our body.

To change the situation and to improve the health of the Nation we need to get back to our roots, to revive falsely forgotten recipes and technologies of making Russian teas (especially their leader – *Epilobium angustifolium* tea, called "Ivan-tea").

By including Yar-Tea in your everyday ration you will notice how easy it is to cope with all the problems. The brewing ritual by itself will bring peace to your mind, will raise the spirit and improve your health.

A brief note about our sally-bloom tea

“Yar-Tea” is a brand of sally-bloom tea, the production process of which additionally includes dehydration. It allows to activate dry anaerobic fermentation and thus to enhance tea properties and to prolong the shelf life of the product. Yar-Tea, like cognac, is becoming more and more sophisticated in flavor and aroma with every new year.

The plants harvest for Yar-Tea takes place in the forests of Zapadnodvinsky District, Tver Region, Russia. The area is ecologically-friendly due to its remoteness from any industrial enterprises or settlements. These are only Rhododendron Adamsii springs, that are delivered from outside. They are harvested in the Sayan Mountains.

One of the important facts about Yar-Tea is its quite small unit weight: 90 grams of Yar-Tea are equivalent to 150-200 grams of “non-dehydrated” sally-bloom tea.

Today it’s not a problem to buy some sally-bloom tea. There is quite a variety of that on the market. Our priority is to produce top-class teas with unique aroma and soft aftertaste. Probably it is to be produced in small amounts, but our goal is not to sell dozens of tons a year. It is the quality that matters. It is highly important for us what people are going to drink. So to refine the taste and to get rid of the herbal bitterness we worked out and started using a unique method of removing pyrrolizidine alkaloids.

The Yar-Tea variety is fully handmade, produced according to strict requirements of old Russian recipes. The technology has been improving for centuries and finally resulted in the tea of rich flavor, distinctive aroma and excellent quality with a full range of phytotherapeutic properties being saved.

Yar-Tea does not affect your metabolism, as it is caffeine-free and contains no purine, oxalic or uric acid. On the opposite, our tea is responsible for the body cleaning from the toxins and has a positive impact on the endocrine and immune systems.

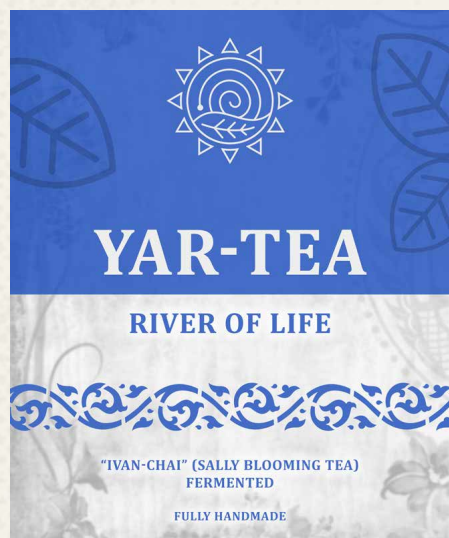
Remember, the key factors of the tea (in dry or infused conditions) are aroma and flavor!

Try, consider and make decision. Drink only top-quality tea!

Traditional Yar-Tea

Due to ancient Russian recipes the whole variety of Yar-Tea is famous for its high quality and impeccable flavor. Fully handmade technology, having been improved within hundreds of years, answers high standards of original recipes. Our priority at all of the production stages is to get (even if in small amounts) top-class Yar-Tea with distinctive flavor, aroma and pleasant long-lasting aftertaste, typical of each single sort of our tea.

The key factors in quality evaluation of final product (in both: dry and infused conditions) are aroma and taste of the drink.



Yar-Tea "River of Life" (large leaves)

Fully handmade large leaves tea. Original technology of our Ancestors. Leaves harvest starts during the period of mass seed-ripening. Full work cycle on each tea lot takes from 96 to 108 hours, depending on the "ripeness" of the leaves.

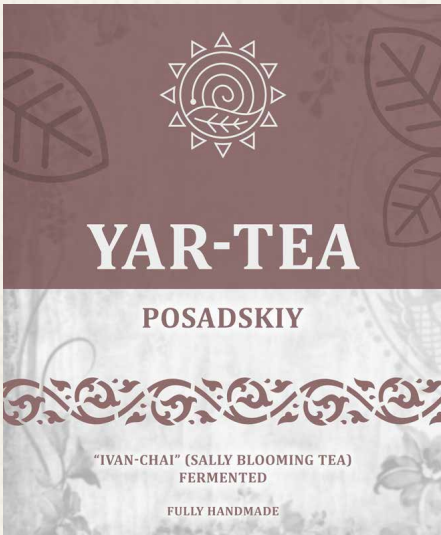
Ingredients: *Epilobium angustifolium* leaves



Flower Yar-Tea

CTC tea (granulated tea). Combines old recipe with modern technologies. Harvest takes place during mass bloom of *Epilobium angustifolium*. Before granulation flowers are soured to "fix" the aroma and to prolong the shelf life of the tea. The full cycle (preparation for granulation, fermentation, drying process) takes around 120 hours.

Ingredients: *Epilobium angustifolium* leaves and blossoms



“Posadskiy” Yar-Tea

One of the most wide-spread CTC teas. Was actively exported to Europe at a certain historic period. According to the recipe, we use *Epilobium angustifolium* seeds at their early stage. After sorting and steaming process capsules are granulated and fermented together with the leaves, thus providing the tea with the “airiness” and “dated look”. The brew is of deep amber colour with fairly strong fragrance. The full process of making this type of tea takes from 140 to 150 hours. Thanks to this sort of tea everyone has a chance to feel the aroma and the taste of the Past.

Ingredients: *Epilobium angustifolium* leaves and capsules.



Yar-Tea “Free spirit” (double fermentation)

CTC tea of long-term storage. Revived recipe of the tea with highly rich aroma and unique flavor. Harvest starts after full ripening of the seeds. Work cycle is about 200 hours. If storage requirements are followed, the tea gets its “strength” in 4-5 years. According to the legend, mature tea gives birth to the “Tea Spirit”, and one can “get in touch” with it during the tea-drinking ritual. For demanding consumers.

Ingredients: *Epilobium angustifolium* leaves

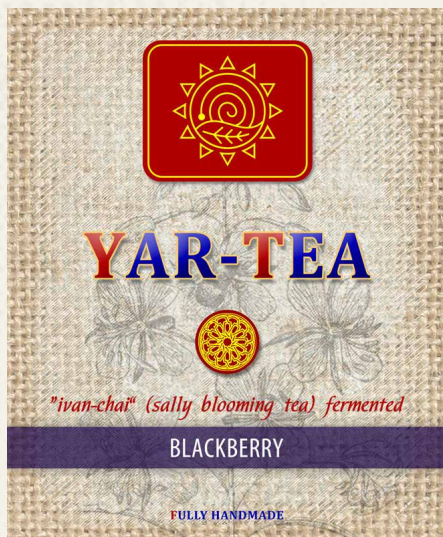
Yar-Tea with herbs

The work on top-class CTC tea with herbs is carried out during the whole summer season, due to different ripening time of the plants. The ingredients are prepared in small quantities because of highly demanding process and short period of the harvest.

- meadowsweet, hypericum perforatum and mint are harvested during the mass bloom
- comarum palustre (cowberry) – after the end of blooming
- raspberry and blackberry leaves – after the berries having been harvested

All the herbs used as ingredients are specially processed to get rid of pyrrolizidine alkaloids. Due to this the tea gets nice flavor without any co-tastes or bitterness and all the phytotherapeutic properties of the plants are saved. The work on each lot of selected herbs requires about 120 hours.

Russian Tea Tradition will open a new world even to the demanding herbal tea lovers.



Yar-Tea with blackberry

- Beneficial effect on intestinal peristalsis
- Good supplement to the cold treatment
- Anti-inflammatory, antipyretic, antibacterial and blood purification properties
- Stabilizes psycho-emotional state, strengthens the nerves

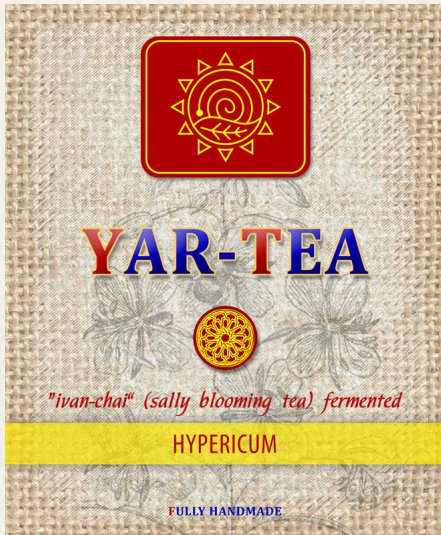
Ingredients: Epilobium angustifolium leaves, blackberry leaves



Yar-Tea with mint

- Calming effect if in small amounts and stimulating effect at high dosage
- Acts as a spasmolytic, normalizes the heartbeat, relieves vascular spasms
- Relieves chronic fatigue
- Improves appetite, accelerates metabolism and facilitates the work of the liver

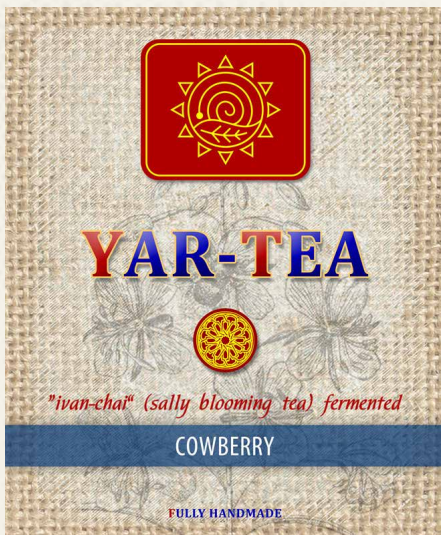
Ingredients: Epilobium angustifolium leaves, mint leaves and blossoms



Yar-Tea with hypericum perforatum

- Traditional tea for vivacity
- Recommended to people of hard physical labour
- Reduces the level of anxiety and excessive irritability
- Contributes to the normalization of the gastrointestinal tract work
- Fortifies the immune system

Ingredients: Epilobium angustifolium leaves, Hypericum perforatum leaves and blossoms



Yar-Tea with comarum palustre (cowberry)

- Recommended to people suffering from calcium pyrophosphate dehydrate crystal deposition disease (accumulation of crystals in joints)
- Cleanses the body from harmful substances
- Promotes renewal of weakened body cells
- Effective in case of all blood diseases

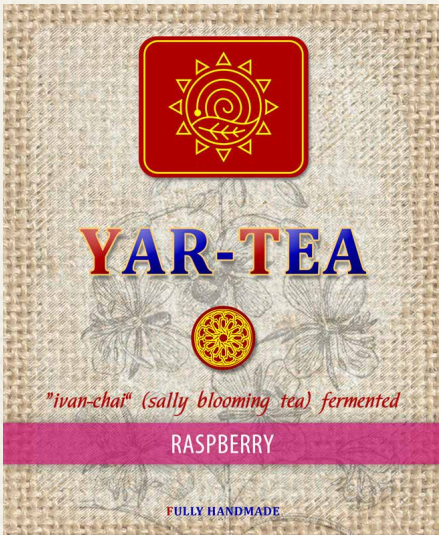
Ingredients: Epilobium angustifolium leaves, comarum palustre leaves



Yar-Tea with meadowsweet

- Performs high antiviral activity
- Enhances liver's ability to neutralize toxic products
- Stimulates blood circulation of the brain
- Recommended to patients with diabetes
- Great cancer prevention
- No allergic reactions
- Purifies blood

Ingredients: Epilobium angustifolium leaves, meadowsweet blossoms



Yar-Tea with raspberry

- Excellent cleansing and antioxidant properties
- Effective in atherosclerosis prevention
- Supports the body in stressful conditions
- Heals the intestinal upset
- Ideal for women
- Strengthens the uterus and bones over a lifetime
- Recommended to pregnant, especially during the last month of pregnancy
- Improves women's milk production

Ingredients: Epilobium angustifolium leaves, raspberry leaves

WARNING: pregnant must consult a doctor or a herbal practitioner before the consumption of this kind of tea!

Yar-Tea blend

To make Yar-Tea blend we have to satisfy the requirements of phytotherapy and sorcery. So we harvest herbs and *Epilobium angustifolium* leaves in a short period of time right before the mass blooming of the plants. Afterwards all the prepared herbs (wild and grown at a private farm) pass a strict selection and sorting. Thanks to this and to the unique recipe the final product can boast a full range of healthy properties and gorgeous aroma. After the infusion Yar-Tea blend reveals the harmony of herbs' combination and natural fragrance in a very rich flavor.



Yar-Tea with Lophanthus (giant hyssop)

- Fortifies the immune and nervous systems
- Mitigates fatigue, increases activity
- Decreases weather dependence
- Stimulates regeneration
- Recommended in case of prostatitis
- Exhibits bio stimulating capacity
- Recruits seriously ill people

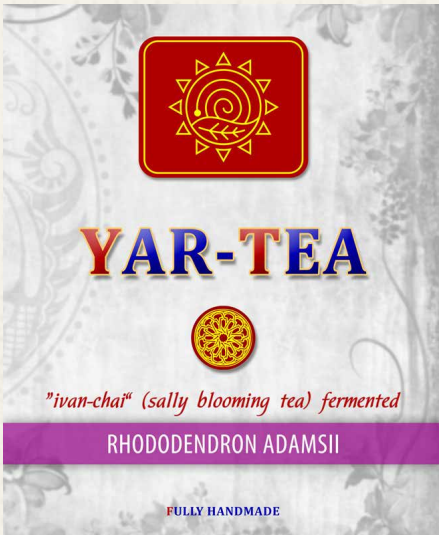
Ingredients: *Epilobium angustifolium* leaves and blooming springs of *Lophanthus tibeticus*



Yar-Tea with *Melissa officinalis* (lemon balm)

- Sedative action
- Stimulates digestion
- Positive impact on heart function
- Recommended in case of insomnia
- Anti-allergic properties

Ingredients: *Epilobium angustifolium* leaves, *Melissa officinalis* blossoms



Yar-Tea with Rhododendron Adamsii ("Sagan Dailya")

- Rhododendron Adamsii provides the tea with delicious flavor
- Mitigates fatigue
- Recommended in case of gastro-intestinal and cardiovascular diseases
- Has a bactericidal action
- Fortifies the immune system
- Improves brain activity
- Strengthens vascular walls
- Reduces nervousness
- Slows down aging process

Ingredients: Epilobium angustifolium leaves, Rhododendron Adamsii springs



Yar-Tea with Monarda

- Fortifies the immune system
- Effective influenza and ARVI prevention
- Helps to relieve tense anxiety
- Improves digestion
- Positive effect on GIT
- Stimulates liver activity

Ingredients: Epilobium angustifolium leaves, Monarda springs.

Clinical study

Clinical research conducted by "Herbal medicine Department of the Institute of Oriental Medicine", RUDN University (The Peoples Friendship University of Russia, Moscow).

Yar-Tea with hypericum perforatum

Summary: according to a clinical study of the effectiveness of herbal remedies "Yar-Tea with hypericum perforatum", containing fermented leaves and flowers of epilobium (chamenerium) angustifolium and hypericum perforatum (herba hyperici) that has a sedative effect. Reduced number of complaints after taking herbal remedies "Yar-Tea with hypericum perforatum" may prove sedative effectiveness of the remedy. This herbal remedy does not have any negative effects on the body when taken in regularly within a month. "Yar-Tea with hypericum perforatum" can be recommended as a sedative tool.

Yar-Tea with meadowsweet

Summary: according to a clinical study on a group of students from the Department of herbal medicine, herbal remedy "Yar-Tea with meadowsweet", containing fermented leaves and flowers of fireweed herb (meadowsweet), has psychoactivating and nootropic effect. Reduction of complaints after taking herbal remedies "Yar-Tea with meadowsweet" can justify the optimization of the brain function, energy metabolism and restoration of the activity of inhibited enzyme systems. Herbal remedy has no negative effect on the body when taken in within one month. "Yar-Tea with meadowsweet" can be recommended as an adaptogene.

Yar-Tea with Rhododendron Adamsii ("Sagan Dailya")

Summary: according to a clinical study, herbal remedy "Yar-Tea with Rhododendron Adamsii", containing fermented leaves and flowers of Epilobium angustifolium and shoots of Rhododendron Adamsii ("Sagan Dailya"), has a psycho-regulating and nootropic effect. Reduction of complaints after taking "Yar-Tea with Rhododendron Adamsii" can justify psycho-regulating effect of the preparation. Herbal remedy has no negative effects on the body when taken in within a month. "Yar-Tea with Rhododendron Adamsii" can be recommended as a psychoneurological health tool.

Awards and participation

International academic and research conference

23-25 June, 2016 "Yar-Tea" company took part in the International academic and research conference "Biological make-up of medical and aroma plants and their role in medicine".

This event was organized by All-Russia Research Institute of Medical and Aroma Plants "VILAR" and devoted to its 85-th anniversary as well as to 65-th birthday of Botanical garden "VILAR".

IV-th international conference of herbal practitioners

28-29 May, 2016 "Yar-Tea" company participated in the "IV-th international conference of herbal practitioners", devoted to the present day problems of herbal medicine.

The event was carried out by the Institute of Oriental Medicine of RUDN University (Moscow) under the support of the Committee for Public Health of Russian State Duma and Russian association of folk medicine in the Peoples' Friendship University of Russia (RUDN). The convenor was an academician of Russian Academy of Natural Sciences, prof. V.F. Korsun.

Among the participants there were scientists and herbal practitioners from Russia, USA, Tadzhikistan, Israel, Serbia, Belarus, India, Lithuania, China, Bosnia and Herzegovina, Kazakhstan, Bulgaria and other countries.

National competition "The best Ivan-tea"

18 March 2016 in the Exhibition hall of Moscow City Government there took place the awarding ceremony of the national competition "The best Ivan-tea".

"Yar-Tea" company got the 1st prize in the nomination "Innovative product – goods with unique consumers' qualities, having no rivals on the market".

Organizer of the competition - National Union of "Russian tea" makers.

Consumption and cooking recommendations

Following recommendations will help You make the tea in the way to enjoy the flavor and aroma of old Russian tea.

1. Heat the water up to the "white key" stage (moment, when bubbles actively go up and cause light "wightening" of the water, but still the bubbling process is not too intensive and the bubbles are so far small)
2. Warm up the teapot by rinsing it with hot water
3. Put Yar-Tea into the teapot (1 gr. per 100 ml. of water)
4. Pour the tea with hot water
5. Cover the pot with a lead
6. Wrap it into a towel to prevent heat losses
7. Leave it to infuse (until tea leaves go down the teapot)
8. Pour the brew into your favourite cup (1/3-1/2 of the cup – depends on your taste)
9. Add hot water
10. Enjoy! :)

Distinctive flavor of Yar-Tea reveals after the second round of brewing. The brew made in such a way preserves its properties within 2-3 days.

Have a nice tea time!

Dosage of Yar-Tea a day

Traditional Yar-Tea can be consumed as much as you like.

Yar-Tea with herbs is recommended at a dosage under 500 ml a day due to its phytotherapeutic properties.

Yar-Tea blend is recommended at a dosage not more than 600 ml. a day due to its phytotherapeutic properties.

How to store Yar-Tea

1. Prevent any contacts with the sources of alien flavors, that are easily absorbed by the tea and cause alteration of the original tea flavor;
2. Do not dispose the tea to light. After a while it results in a loss of aroma and flavor;
3. Prevent any contacts with air. Keep in a sealed package or in a pot with a tightly fixed lead. Otherwise it is to lose its fragrance.
4. Keep in a dry place with the humidity not more than 60%. Yar-Tea is very sensitive to humidity.

Get in touch with us

<https://yar-chai.ru/>

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