

Frequently Asked Questions About Teeccino

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"Is Teeccino all natural and healthy for me?"

Yes!!! Teeccino is created from all natural ingredients that are nutritional and have been consumed by humans for thousands of years. Teeccino is low in calories, has only 3 grams of carbohydrates, 1 gram of fibre, and no fat. Please read more about Teeccino's health benefits under Nutritional Benefits.

"Is there any coffee or caffeine in Teeccino?"

No! Nor is there any black tea. Teeccino is naturally coffee-free and caffeine-free. Teeccino is a blend of herbs, grains, fruits and nuts that are roasted and ground to brew and taste just like coffee.

"What do you mean by herbal coffee?"

Herbal coffee is brewed from herbs that have been roasted and ground to brew and taste like coffee. Most people are aware that there is no "milk" in soy milk, and there is no "burger" in a veggie burger. However, many people don't remember that there is no "tea" in herbal tea. Tea always used to refer to *Camelia sinensis*, the plant that has been grown for centuries to produce black tea. But now we have green tea, red tea, white tea, and herbal tea. The term "tea" has become a generic term for leaves, bark, flowers, roots and spices that are brewed in hot water like true tea. We hope that one day people will also understand "herbal coffee" as easily as they now understand soy milk!

"How do I quit coffee?"

Over a two week period, start blending Teeccino with your coffee. Begin with 3/4 coffee, and 1/4 Teeccino and gradually increase the amount of Teeccino until you are drinking 100% Teeccino. Herbal tonics and nutritional supplements can also aid you in restoring your own natural energy supply. Check the Quitting Painlessly section for more information.

"Why not just drink decaf?"

Even decaf coffee has at least 7 – 10 mg of caffeine per 180 ml cup. Decaf coffee brewed at coffee bars can contain twice as much caffeine because they typically brew coffee stronger than standard brewing directions. So if you are drinking a 16 oz cup of decaf, you may be getting as much as 20-

30 mg of caffeine. In addition, studies at Stanford University show that decaf raises the LDL fraction of cholesterol (commonly referred to as "bad" cholesterol) higher and faster than regular coffee leading to an increased risk for cardiovascular disease. Studies have also shown that there is a higher incidence of people who suffer from rheumatoid arthritis among decaf drinkers. Additionally, most decaf has been extracted with methylene chloride, a carcinogen, which leaves behind small but significant residues. Decaf is even harder than regular coffee on the gastrointestinal tract because it is made from a variety of coffee beans called robusta that have stronger acids. If you have gastrointestinal problems or suffer from acid indigestion, you'll find that eliminating coffee from your diet, whether it is decaf or regular, will help your recovery process.

"Will Teecino give me an energy boost?"

Many people experience an energy lift from drinking Teecino. The nutrients in Teecino are in liquid form, making them very bio-available and quickly absorbed. Teecino replenishes potassium, an electrolyte mineral that stimulates nerve impulses, helps oxygenate the brain, and enhances athletic performance. The potassium in Teecino is completely natural, coming from the ingredients themselves. Sports drinks rely on added potassium to achieve the same effect, but Teecino's natural potassium is at an even higher per serving quantity than sports drinks. Thus many people find Teecino makes a re-energizing drink after workouts.

Another factor that may explain why people experience an energy lift from Teecino is the pinitol that is naturally present in carob pods. Pinitol has been shown to act like insulin by making cells receptive to taking in glycogen, the energy component in the blood. The natural pinitol in carob may help people who are insulin resistant by increasing the ability of their muscles to use glycogen.

"What makes Teecino's flavours natural?"

Natural flavours are made from flavouring constituents that are extracted from natural ingredients like fruits, spices, herbs and even coffee. Teecino flavours do not contain any constituents from meat, seafood, poultry, eggs, or edible yeast. Teecino does not allow any monosodium glutamate, propylene glycol, or preservatives in its flavours.

"Is there caffeine in the natural coffee flavour in Teecino?"

Flavour houses extract the flavour components from all natural ingredients in order to create natural flavours. In the case of Hazelnut flavour, the flavour is extracted from a hazelnut paste and other nut pastes. In the case of coffee flavour, the components of coffee flavour are extracted from a number of ingredients that include both coffee, chicory and even, believe it not, garlic! Who would imagine that coffee and garlic share the same flavour component? The expertise of flavour chemists allows them to use natural ingredients to derive flavours without getting all the components of each source. Thus it is possible to produce coffee flavour without caffeine, which in any case doesn't contribute to the flavour of coffee. Watch out though for coffee flavoured ice cream, yogurt, etc. because these foods usually contain a coffee concentrate or even ground coffee beans that do have caffeine. Teecino makes sure that the flavours used are completely natural and don't contain harmful ingredients like propylene glycol, a petroleum product that is added to many food and skin care products, or MSG, preservatives, etc.

"What is Inulin?"

Inulin is a natural soluble fibre that is part of the chicory root. Not to be confused with the hormone, insulin, which is excreted by the pancreas to control blood sugar levels, inulin passes through the digestive tract unabsorbed. In the colon, it becomes food for the beneficial microflora such as lactobacillus and bifidus. The consumption of inulin helps establish and keeps thriving a healthy population of beneficial microflora that are responsible for creating B vitamins, boosting the immune system, and promoting the absorption of minerals such as calcium, magnesium, and potassium.

"Is there caffeine in the cocoa powder in Mocha and Chocolate Mint?"

Cocoa contains a small amount of caffeine. However, since cocoa is used as a flavouring in Teecino in very small quantities, no detectable level of caffeine has been found in a cup of Teecino Mocha or Chocolate Mint when tested by independent laboratories.

"Does Teeccino contain any gluten?"

Although Teeccino contains barley, an independent laboratory at the University of Nebraska that specializes in gluten testing found no detectable levels of gluten in Teeccino. Although gluten is present in barley, it most likely does not extract out of the barley using conventional coffee brewing techniques. Gluten is not extracted by boiling water although it can be extracted using ethanol alcohol, which of course is not present in Teeccino.

"Where can I get more information about caffeine?"

We highly recommend reading Caffeine Blues by Stephen Cherniske, M.S., published by Warner Books. This is the first comprehensive review of caffeine that is well documented with over 700 studies. It's easy to read and the author gives excellent nutritional advice based on his own clinical practice that will help you recover your own abundant energy supply. You can also email us mail@ntphealthproducts.com to ask for a free copy of the CD "Kicking the Caffeine Habit" with Stephen Cherniske and Caroline MacDougall.

"Why do you recommend a permanent filter rather than paper filters?"

First, Teeccino's composite grind flows better through a permanent filter also known as "gold" filters. Paper filters have a tendency to drip Teeccino more slowly due to the paper being less porous than permanent filters. With both Mocha and Chocolate Mint, the cocoa powder can inhibit the flow through paper filters. Secondly, paper filters capture some of the flavour of Teeccino. Permanent filters allow all of Teeccino's flavour to flow into the cup. Finally, we believe the less trees we use to create paper products, the healthier our environment.

"How Can I Drink Teeccino While Eating Out?"

There's nothing like finishing a meal with a perfectly brewed cup of Teeccino. It gives you that satisfying sense of completion without the calories of a dessert. This year we've made it our goal to get Teeccino served nationally in natural food restaurants and health-oriented coffee bars. If Teeccino isn't served in your favorite establishment yet, don't let that stop you from asking for it! You can ensure your success by bringing along a foil trial-size packet of your favorite flavour. Simply ask your waiter if they have an espresso machine or French press. One packet makes two perfect cappuccinos or two individual size plungers. To guarantee you'll get a cup of Teeccino, you can also take the One-Cup Brewer or the Tea Infuser since both will brew Teeccino with only hot water. Again, the foil packet will make 2 or 3 steaming mugs, depending on how strong you like to drink Teeccino. Help us build a network of establishments that serve Teeccino by sending us the name of your favorite ones, their address and phone number, and the person who makes the decisions about their menus. If we are successful in getting Teeccino served there, we'll send you a complimentary pack of your favorite Teeccino flavour!

"Is Teeccino safe for pregnant women and nursing mothers?"

YES! All the herbs in Teeccino have been in the human diet for thousands of years. There are no stimulants or drugs like caffeine that could cause uterine contractions or hyperactivity by the infant. Teeccino is nutritious for both Mum and baby.

"Is Teeccino an instant product?"

NO! The secret to getting the full-bodied, deep roasted flavour of Teeccino lies in brewing Teeccino like coffee. Instant teas, coffee or coffee substitutes can't give you the satisfaction of brewed flavour. If you are travelling and want to brew Teeccino away from home, we recommend two brewing methods. The Swiss Gold One-Cup Brewer is easy to travel with and you can brew one cup at a time with only boiling water. The paper filters, Mini Minit One Cup Filters, allow you to brew a single cup and throw away the paper filter afterwards. Also, many restaurants with espresso machines or plungers will brew a cup of Teeccino for you. The Teeccino trial size packet makes 2 cappuccinos/lattes or 2 individual serving plungers. The packets are easy to travel with and you can refold the foil if you only brew one cup.

"Does Teeccino's grind work in all the different brewing methods?"

YES! Teeccino contains a variety of ingredients which are each ground to different specifications. This composite grind allows Teeccino to be brewed in a variety of ways; from a drip coffee maker to a plunger or an espresso machine.

"Does Teeccino need to be refrigerated like coffee?"

NO! Teeccino won't go stale like coffee because it doesn't have coffee oils which go rancid if unrefrigerated. Just replace the plastic cap on your can of Teeccino and it will last for at least two years. Brewed Teeccino can last up to five days in your refrigerator making it easy to drink iced Teeccino in the summer.

"Is Teeccino GMO Free?"

Teeccino is completely GMO free. Fortunately, Monsanto and others haven't seen fit to tinker with the genetic composition of most of the ingredients that are used in Teeccino. We are vigilant however with all our suppliers requesting a guarantee that the ingredients they supply do not contain GMOs. There is some GMO experimentation with barley to make it resistant to a fungus called barley scab, but fortunately it is still restricted to the laboratory and has not been successful so far!

"Are the ingredients in Teeccino organic?"

Teeccino now offers 3 certified organic flavours in the Maya Herbal Coffee line. Due to limited supply of certified organic ingredients, the Classic Herbal Coffees line is still not certified. However, ingredients like carob, harvested from indigenous Mediterranean trees that are not sprayed, fertilized, or in anyway treated, are termed "organic by default". They may not be certified, but they are organically grown. We are working to develop more sources for ingredients that have been certified organic on the National Organic Program (NOP). Our hope is that in 2007, we will be able to buy certified organic ingredients for Teeccino's primary ingredients, carob, barley and chicory.

"Does Teeccino have an acidic or alkaline effect in the body?"

Teeccino has an alkaline effect on the system due to several reasons. First, its high content of potassium, an alkaline mineral, helps neutralize acidity and restore an alkaline balance. Second, most of the ingredients in Teeccino like the chicory, almonds, dates and figs are all alkaline. Third, by roasting the ingredients in Teeccino, especially the barley that is an acidic grain, the carbohydrates become more easily digestible and thus less acidifying.

Drinking Teeccino helps you reduce acidity in your body in two ways. First, it provides the alkaline mineral, potassium, which your body uses to balance the acidity in your diet. Second, the inulin from the chicory in Teeccino supports a population of beneficial microflora that enhances your digestion and increases the bio-availability of minerals. Thus Teeccino gives you a better ability to absorb your alkaline minerals like calcium, potassium, magnesium, cobalt, and copper that a healthy person needs to maintain the body's natural alkaline balance.

"What makes coffee and tea so acidic in the body?"

Coffee is highly acidic to the body due to its content of over 208 acids. The acids in coffee, not all of which have even been identified, are highly irritating to the stomach and intestinal lining. Coffee stimulates an increased production of gastric acid leading to a variety of digestive ailments. Decaf has the same or even stronger effect because the beans used to produce decaf coffee are usually more highly acidic than regular coffee beans.

Caffeine is also a contributing factor to the reason why both coffee and tea have an acidic effect in the body. Caffeine belongs to a group of chemicals called xanthines. Caffeine has to be detoxified in the liver and its metabolites, methylxanthine, methyluric acid and uric acid, are excreted by the kidneys in the urine. If the diet is over-acidic and the kidneys are not able to keep up with processing acids, these acids can contribute to a build up of acidity in the body.

Studies have shown that coffee can reduce the pressure on the lower esophageal sphincter, which normally prevents the reflux of the acid contents of the stomach from going back up into the

esophagus. Since this effect is produced by both coffee and decaf coffee, it is not just the caffeine in coffee that contributes to heartburn, acid reflux, and GERDS.

“What’s the Difference Between Espresso Grind and All Purpose Grind?”

Normally our 454gm cans are reserved for our wholesale/food service customers, but we’ve realized that many Teeccino customers like the convenience of a can with a measuring scoop. The espresso grind is slightly finer than the all-purpose grind that is packed in the 240 gm cans. It was designed for commercial espresso machines that require a finer grind. It also gives a stronger extraction on espresso machines.

"What is Ramon Nut?"

Ramon nuts are the seed of the fruit of the ramon tree, a 40 metre tall tree that grows throughout Central America. Known as "Yaxox" in Mayan, the ramon tree (*Brosimum Alicastrum*) is a member of the fig family, which also includes mulberry trees, and forms the upper canopy of the rainforest. Referred to as "corn tree" by the Maya civilization, its nut was a nutrient-rich, staple food crop, capable of being stored for lengthy periods of time. Fresh ramon nuts can be boiled like potatoes. The dry nut is roasted, ground into a flour and combined with corn for baking. Dark roasted ramon nuts taste very similar to coffee!

Like soy, roasted ramon nuts are high in protein, containing all the essential amino acids, and rich in nutrients including high levels of calcium, iron, the amino acid tryptophan and vitamins C and B. Ramon nuts are both fat free and gluten free. Ramon nuts were used medicinally by the Maya to detoxify the liver and promote lactation in nursing women. Other common names for ramon nuts are ojoche, mojo, breadnut and mayanut.