

Drinking water Tips

1. Drinking one cup of water after waking up helps with easy water flow in your blood.
2. Avoid drinking chilled water suddenly otherwise it will shrink your blood vessels. Water at room temperature is preferred for drinking.
3. Effective rehydration needed for moistening your blood can be obtained by water instead of neither tea nor coffee. Drinking water which is close to own natural state is the healthiest.
4. Drinking lots of water at a time is unhealthy. The water amount which a person is preferred to absorb mineral water is 180cc per one time and can consume 2 to 2.5 liters per day totally taking into account opening about 30 minutes interval between drinking.
5. Since digestion and absorption begin immediately as soon as drinking water, it is better to drink water slowly as chewing.
6. In order to preventing bacterial infection of E. coli (Escherichia Coli occurs after 30 minutes of drinking).



Every time you drink water from a pet bottle directly, you may want to do so fast

How to prepare for drinking Japanese green tea

- Make sure you fully boil the water. (Highly important tip for making Japanese green tea)
- Use only natural water when making Japanese green tea
- Rather than putting the hot water directly in the teapot, it is better to firstly cool it teacups and then pour it into the teapot.
- Must pour all the tea to the last drop in order to be able to drink tea 2 or 3 times with the same flavor



Tea amount used at a time is for 2 or 3 servings

- Tea leaves amount ······ 5 ~ 6g (2 tablespoons)
- Water temperature ······ 70 ~ 80 hot water degrees C (Celsius)
- Hot water amount ······ 180cc of hot water (60cc × 3 servings)
- Brewing time ·········· wait one minute after putting teapot lid on it



How to prepare tasty tea

- ① When cooling the hot water in the cup, Pour about 70% ~ 80% of the cup volume with hot water
- ② Gently place the tealeaves into teapot. (Amount of tealeaves: approximately 2g /1 per person.)
- ③ Pour the hot water that was cooled in the cup in the teapot and then wait quietly enough for about 1 minute.
- ④ Pour the tea from the teapot in the cups equally until the last drop.



Must pour all the tea to the last drop until teapot becomes empty in order to be able to drink tea 2 or 3 times with the same tea flavor