

Contents:



Green Tea - The Top 10 Benefits

2

The Meaning of the ADVENT WREATH	
Symbol	Meaning
Circle	Eternity of God
Evergreen Wreath	Life, Immortality
Candle	Jesus is the light of the world.
4x Candles	Four weeks of Advent
3x Purple	Purple = prayer, penance, & preparation
1x Rose (Pink)	Rose = Rejoicing

Advent Wreath

6



Happiness Quotes

9



New Years Resolution Evaluation

14



Green Tea - The Top 10 Benefits

by: **Lynne Evans** (reading – 7.12. - 13.12.)

There are probably still some people who are not sure what green tea is. So here's the explanation. Green tea comes from the same plant as black tea. The difference is that green tea leaves have not withered or become oxidised. It originally came from China, but it is now consumed all over Asia, and, indeed, the rest of the world.

It gets its name because when brewed this tea produces a green drink. You can drink it hot cold, depending on the weather. In winter, there's nothing like a cup or mug of hot this tea flavoured with lemon (or at least a slice of lemon). You can add sugar, but honey is a much better, healthier sweetener.

Allegedly, this type of tea is the healthiest drink on Earth. It is bursting with antioxidants which can combat the cancer-causing free radicals in our bodies. Antioxidants help to keep our skin youthful-looking and help retain the skin's elasticity. They can stave off wrinkles and crows feet around the

eyes.

A study published in 2013 found that this type of tea improves the blood flow and lowers levels of cholesterol. It can also help to prevent a number of health issues, including high blood pressure and heart problems.

This almost-miracle drink may also prevent Alzheimer's disease. It also helps to stabilize blood sugar levels in people who have diabetes.

There isn't just one variety of green tea, but several. It is grown at high altitudes in the mountainous regions of East Asia, and these are higher than the ones where black tea grows.

Japan's Sencha tea is highly prized, and it can certainly be of top quality. However, there are different grades of this tea and these are reflected in its price.

You can buy the tea in the form of leaves, as well as in tea bags. For fresher green tea, choose whole loose leaves. They can be stored in an airtight

container to preserve their freshness.

Tannin is also present in green tea, so if this upsets your digestive system, avoid it. Tannin can adversely affect the levels of iron in the body. Don't drink green tea immediately after you have eaten food that is rich in iron, such as liver or broccoli.

You might think that green tea is caffeine-free, but it isn't. so if you have problems with caffeine, give it a miss.

Unlike when making black tea, you shouldn't pour still boiling water on the green leaves. Leave the water to cool a little before making your brew.

You should really give this drink a try, and when you sweeten it with honey, your body will respond positively.

About The Author

If you liked this article and want to find out more about plants and how we use them, why not visit this blogspot and get some ideas for fusion food

recipes? The articles are informative, well researched and reliable.

<http://herbs-treatandtaste.blogspot.com/>

Article Source:

https://EzineArticles.com/expert/Lynne_Evans/684731





Advent Wreath

by: **Sunil Tanna** (reading – 14.12. - 20.12.)

An Advent wreath is a ring with four candles used by some Christians and churches to mark the passing of the holy season of Advent.

The candles are illuminated in succession on each of the four weeks (Saturday evenings or Sundays) of Advent. Some Advent wreaths have a fifth candle which is lit on Christmas Day to signify Christ's birth. Advent wreaths are symbolic:

- The wreath represents God's eternity.
- The first candle, known as "The Prophet's Candle" signifies the hope of Jesus' arrival.
- The second candle, known as "The Bethlehem Candle" reminds Christians that God appeared to them in a humble manner. Bethlehem was located in the territory of the least powerful of the tribes of Israel.
- The third candle, known as "The Shepherds'

Candle" represents the joy that more than half of Advent is over.

- The fourth candle, known as "The Angels' Candle" represents the Angels' peace and the good news that they offer.

- Other aspects of the Advent wreaths such as the colors of the candles are often ascribed symbolic meanings. On many Advent wreaths, the first three candles are violet, symbolizing faithful expectation, and the fourth candle is rose, symbolizing joy and hope.

One story of Advent wreath, says that it was first created by Johann Hinrich Wichem, a Protestant pastor in Germany, around the mid 19th century. It is said that he created a wooden ring with 28 candles (24 small red candles, and 4 white ones for Advent Sundays) which was used to celebrate the Advent period at orphanage.

Another version of the Advent wreath story says that the origin lies in the folk practises of pre-Christian Germanic peoples who, in December, gathered

wreaths of evergreen and lighted fires as signs of hope in the coming spring and renewed light. According to the story, Christians kept these traditions alive, and eventually embellished to celebrate the Advent and the birth of Jesus Christ.

About The Author


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For more Christmas and holiday season articles, information and fun, visit Guide 2 Christmas

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The Meaning of the ADVENT WREATH	Symbol	Meaning
	Circle	Eternity of God
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	4x Candles	Four weeks of Advent
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	1x Rose (Pink)	Rose = Rejoicing



Happiness Quotes

by: **Henry Fernando** (reading – 21.12. - 27.12.)

Happiness is what we are always looking for. Without happiness everything else has no use. The following quotes about happiness might change your thoughts about happiness. Do we need money or other luxuries to be happy? Are they important at all? You can decide after reading the following happiness quotes.

"If you want happiness for an hour? take a nap.
If you want happiness for a day? go fishing.
If you want happiness for a year? inherit a fortune.
If you want happiness for a lifetime? help someone else"

Chinese Proverb

"Happiness will never come to those who fail to appreciate what they already have"

Unknown

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me

happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it"

Groucho Marx

"A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?"

Albert Einstein

"If you want to be happy for a year, plant a garden; If you want to be happy for life, plant a tree"

English Proverb

"Happiness is not a goal, it's a by-product of a life well lived"

Eleanor Roosevelt

"Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you sit down quietly, may alight upon you"

Nathaniel Hawthorne

"If I keep a green bough in my heart, the singing bird will come"

Chinese Proverb

"There is no happiness; there are only moments of happiness"

Spanish Proverb

"Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so"

Robert G. Ingersoll

"Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful"

Norman Vincent Peale

"There is only one success - to spend your life in your own way"

Christopher Morley

"If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we

could have paradise in a few years"

Bertrand Russell

"It's good to be just plain happy; it's a little better to know that you are happy; but to understand that you're happy and to know why and how and still be happy, be happy in the being and the knowing, well that is beyond happiness, that is bliss"

Henry Miller

"Most folks are as happy as they make up their minds to be"

Abraham Lincoln

"No one is happy all his life long"

Euripides

"It is the trouble that never comes that causes the loss of sleep"

Chas. Austin Bates

"So practice happy thinking every day. Cultivate the merry heart, develop the happiness habit, and life will become a continual feast"

Peale, Norman Vincent.

I hope you've enjoyed these quotes. You can find many other quotes about happiness on the internet.

About The Author

If you liked these quotes you can visit my happy quotes blog for more happiness quotes.

Article Source:

<http://www.articlebiz.com/article/1051515598-1-happiness-quotes/>





New Years Resolution Evaluation

by: **Jared Wiener** (reading – 28.12. - 3.1.)

It's almost that time of year again where you say to yourself "I'm going to start fresh and make the new year the best of my life." More often than not, most people's new year's resolution is financially driven in some way. Possibly they want to make more money in the new coming year. Maybe they want to give more to their favorite charity.

This is all well and good, but it's never a good idea to make a new year's resolution in haste without really thinking through on actually how you're going to achieve them. It's so easy to say you're going to do something without ever planning on how you're going to do it. This is where the problem lies in the fact that most new year's resolutions fizzle out within the first few months of the new year.

You must evaluate the new's years resolutions you made for yourself from the year before and adjust the new ones accordingly to make certain that you attain them...this time! Don't make your new year's

resolution unattainable. For example, if you want to make \$10,000 per month in a home based business that you're just starting out with, don't expect to be earning that much within the first few months.

Set a goal that you're going to earn \$500 per month so that when you do start earning \$500 per month, you feel good about yourself and look forward to the next level in your financial endeavors. So many people make the mistake of having merely an idea of what they want to achieve in the new year but realize that once they start trying to fulfill that new year's resolution, it's really a lot of hard work. When you evaluate your new year's resolutions, ask yourself these three questions:

- 1) Is it attainable within the time period that I have allotted?
- 2) Do I have a plan of action of meeting my new year's resolution goal?
- 3) Can my new year's resolution be something that I can achieve and maintain year after year?

As stated earlier, most people's new year's resolutions are financially-based, which means that

when the new year comes around, many people set out to earn more money or extra money for themselves and their family. For this reason, the home-based business industry is booming. Why? Because it is believed that making more money or making a lot of money affords so many people opportunities that they never have done before, resulting in something NEW for themselves. This can be equated to a new beginning if you will.

So, when the new year approaches, many will evaluate the resolutions that they have set forth for themselves but it is guaranteed that one of their resolutions will be to make more money in their "new" life starting in January. Most likely, you are one of those people who want to provide a better life for yourself and your family. Make certain that when you find a money-making activity that is home-based, this activity leverages the power of the internet and teach you marketing strategies that will almost guarantee your success in meeting your new year's resolutions.

Next, if you want to discover and learn how to really achieve your New Years Resolution

[\[http://www.MastermindProfitsOnline.com\]](http://www.MastermindProfitsOnline.com) then you will want to grab my special free report today written by Jared Wiener

[\[http://www.MastermindProfitsOnline.com\]](http://www.MastermindProfitsOnline.com)

About The Author

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