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FOR IMMEDIATE RELEASE

BIGELOW TEA SPREADS THE WORD ON HOW HOT TEA CAN DO THE BODY WELL

In Celebration of “Hot Tea Month,” Fairfield-based Company Reminds Customers of the Health Benefits of Tea

FAIRFIELD, Conn., January 2008 – Creating quality teas since 1945, [Bigelow Tea](#) is encouraging customers to stay healthy and warm with a cup of hot tea during January, National Hot Tea Month.

Truly steeped in history and tradition, tea was first enjoyed by the Emperor of China nearly 5,000 years ago. Today, tea is the world’s second most popular beverage, second only to water and each year in America, over 50 billion cups are consumed.

Serving as a reminder to do something healthy for ourselves, be it a New Year’s Resolution or fresh lifestyle change, January is the ideal time to incorporate a nice hot cup of tea in our daily regime.

Not only is tea soothing and delicious, studies have shown that hot tea can protect against and help lower the risk of heart disease, obesity, high blood pressure and cholesterol, stroke and some forms of cancer.

The high antioxidant and nutrient-rich beverage is sold in a variety of flavors at Bigelow Tea, which can be purchased both online and at your local food store. With choices ranging from Green Tea with Pomegranate to the ever-so-popular “Constant Comment”® teas, customers can revel in the idea of staying in glowingly good health while sipping on a hot mug of Bigelow Tea.

Throughout “Hot Tea Month,” be sure to visit Bigelow’s website and blog for recipes, entertainment ideas and products for sale.

About Bigelow Tea Company

100 % family owned, Fairfield, Conn.-based Bigelow Tea pioneered the specialty tea category more than 60 years ago. Bigelow takes pride in its heritage and successful growth from a one-product, entrepreneurial venture into America’s leading specialty Tea Company. The Bigelow Tea line includes more than 80 varieties of flavored, traditional, green, organic, herbal, decaffeinated teas and iced teas—including America’s number one specialty tea flavor, “Constant Comment®”.

In 2003, the company purchased and restored the Charleston Tea Plantation. Based on Wadmalaw Island just south of Charleston, South Carolina, the only tea plantation in America cultivates several hundred thousand tea bushes that are descendants of bushes brought from China during the 1800’s. The Charleston Tea Plantation has become a "must see" destination for tea lovers and tourists alike who visit the area from around the world and appreciate information and education about tea in addition to enjoying American Classic Tea and products which are produced from the tea grown on the premises

Bigelow Tea products are available nationwide including grocery, super centers mass merchandisers and health stores. Every variety can be found on the company website, (www.bigelowtea.com), along with an appealing selection of tea chests, tea accessories and other gift items. Tea lovers and enthusiasts will also enjoy interesting and entertaining related stories and facts by visiting the company's blog (<http://www.bigelowteablog.com>).

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