



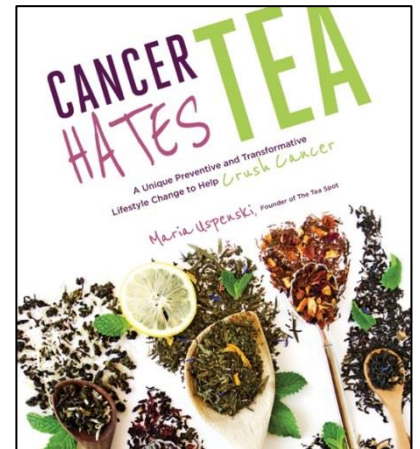
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**THE TEA SPOT FOUNDER, MARIA USPENSKI, AUTHORS  
NEW BOOK, CANCER HATES TEA**

***Boulder, Color.-based Tea Industry Leader Suggests That Drinking Tea --- a Preventive and Transformative Lifestyle Change --- Can Help Crush Cancer***

**Boulder, Colo. – Dec. 16, 2016** – In the new book, *CANCER HATES TEA: A Unique Preventive and Transformative Lifestyle Change to Help Crush Cancer*, from [Page Street Publishing Co.](#), author Maria Uspenski shares what she has learned and experienced about how tea works to help the body's defenses against cancer. Uspenski is the founder and CEO of Boulder, Colo.-based [The Tea Spot, Inc.](#), an artisanal producer of signature blends and single-estate organic teas. At The Tea Spot, she works to advance healthier living through the everyday enjoyment of whole leaf tea. The Tea Spot will donate 10 percent of all sales in-kind to cancer and community wellness programs. Uspenski's book is available now at [Amazon.com](#), [Barnes & Noble](#) and through other fine booksellers.



Uspenski is not a medical professional, and no statement in the book should be interpreted as direction or prescription, but through her explanations, she breaks down years of her research – her obsession after her own fight with cancer, how tea fights cancer and how you should be drinking it. While lighthearted in tone, Uspenski does not intend to make light of the serious research that forms the basis for understanding. *CANCER HATES TEA* is intended to get you on a powerful five-cup-a-day steeping habit which Uspenski passionately believes is one of the best ways to prevent this terrible disease.

Dr. Mary L. Hardy, MD, the former Medical Director of Simms/Mann UCLA Center for Integrative Oncology and the Founder of Wellness Works, says in the Foreword, “[Uspenski] starts by filling in a lot of technical background about cancer, how it starts and how it grows and spreads so that you can understand the context for the healthy habits she promotes in this book. Scientific information is interspersed with charming historical facts and practical tips that make prevention feel achievable. The advice in this book is grounded in research but is made more compelling by her feisty attitude and personal passion for wellness.”

Green tea is the most studied anti-cancer plant over the past 10 years, as more than 5,000 medical studies have been published on the health benefits of tea, with over 1,000 of those focusing on tea and cancer. The National Institute of Health's stance on green tea is that research indicates it is possibly effective against several types of cancer, clogged arteries, osteoporosis and Parkinson's disease; likely effective in managing high cholesterol; and safe for adults who drink five cups a day.

**Uspenski's book, *CANCER HATES TEA*, is divided into the following four sections and chapters:**



## 1. Why Cancer Hates Tea

- Cancer 101: How it Works

## 2. Drink Up to Stare Cancer Down

- Steep Your Own Damn Tea
- Drink Like Your Life Depends on It
- Grab Your Health By The Bowls

## 3. More Great Ways to Give Cancer Shit

- Cancer Hates a Healthy Heart
- Cancer Hates Fitness
- Cancer Hates Om Time
- Cancer Hates a Party

## 4. Let's Tell Cancer Off Now!

- It's Your Tea Time
- Sip on This, Cancer
- Eat it, Cancer

An MIT mechanical engineer by trade, [The Tea Spot, Inc.'s](#) Uspenski is the innovative force listed on three U.S. patents for Steepware® inventions, which promote the ease of tea preparation. She has been featured in the Huffington Post and in television interviews for her success as a social entrepreneur and certified tea and fitness nutrition expert. She has been a regular contributor to blogs for *The Denver Post* and T-Ching, and is called on to lecture about the health benefits of tea at universities and conferences nationwide.

### **ABOUT THE BOOK**

*CANCER HATES TEA: A Unique Preventive and Transformative Lifestyle Change to Help Crush Cancer*

By Maria Uspenski

Page Street Publishing Co. • Dec. 13, 2016 • ISBN: 978-1-62414-312-0 • \$21.99

### **ABOUT THE TEA SPOT, INC.**

[The Tea Spot, Inc.](#) is a leading producer of handcrafted loose leaf teas and creator of Steepware®—the housewares tools that make loose tea easy. Its vision to modernize the loose leaf tea experience has held steadfast since the for-profit philanthropic company was founded by Maria Uspenski in 2004, a cancer survivor drawn to the health benefits of leaf tea during her recovery. Her message is simple and powerful: tea in its freshest form renders premium flavor, unmatched health benefits, and is eco-friendly. The company's model of social entrepreneurship incorporates its mission to foster health and wellness through loose leaf tea with its 10% Pledge. Ten percent of every sale made is donated in-kind to cancer and community wellness programs. The Tea Spot is a Boulder, Colorado-based woman owned and operated business. More at [TheTeaSpot.com](#).

### **ABOUT PAGE STREET PUBLISHING CO.**

Page Street Publishing Co. produces large format, full-color books, packed with original photography and is distributed by Macmillan throughout the U.S. Page Street is a proud member of 1% for the Planet and donates 1% of its annual revenue to environmental groups.

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