



For Immediate Release

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The Tea Spot's Maria Uspenski to Focus on Being 'Healthy, Happy and Hydrated with Teas' at Chicago International Tea Festival, Nov. 1 - 3, 2019

BOULDER, Colo. (Oct. 15, 2019) – Maria Uspenski, founder and CEO of [The Tea Spot](http://theteaspot.com), will present at the first annual [Chicago International Tea Festival](http://www.citfest.com), taking place Nov. 1 - 3, 2019, at the Holiday Inn Mart Plaza in the River North neighborhood of Chicago. Uspenski will share insights on being “Healthy, Happy and Hydrated with Teas and Functional Herbs.” The session will take place on Sunday, Nov. 3 at 1 p.m. The Tea Spot is a leading producer of handcrafted whole leaf teas and Steepware, and the company donates 10 percent of all sales in-kind to cancer survivors and community wellness programs.

“Many innovative products promoting health benefits are constantly being introduced in the beverage industry,” said Uspenski. “To no surprise, tea and functional herb-based offerings are widely popular in this space of wellness, often touted as nature’s elixirs of youth. During my session at the Chicago International Tea Festival, we’ll journey through the science, the how-to’s and the myths surrounding these functional botanicals, beginning with an overview of tea’s history and cultural traditions as a health beverage.”

Uspenski’s presentation will also take a deep dive into tea’s benefits – where they derive from and how tea functions as a precautionary agent against disease in the human body. Attendees will find out what’s trending currently in functional herbs and get tips on how to easily up-level everyday nutrition and hydration routines.

In addition to Uspenski’s presentation, the Chicago International Tea Festival will feature numerous tea merchants and vendors from all around the world, craftspeople who create tea-related art, workshops, lectures, tastings and networking to enhance one’s knowledge of everything tea. The overall educational program will feature more than 40 speakers in more than a hundred classes and special events.

“The Chicago International Tea Festival is a unique, hybrid event where food and beverage industry professionals can gather, learn and taste with the tea-loving public,” noted Uspenski. “I’m thrilled to participate and educate tea enthusiasts about the health benefits of tea.”

At The Tea Spot, Uspenski’s mission is to empower healthier living through the everyday enjoyment of whole leaf tea. Her Colorado-based philanthropic company believes tea in its freshest form is sustainable and renders exceptional flavor and unmatched health benefits. Uspenski is also the author of [Cancer Hates Tea](http://cancerhates.com), and she was recognized as the “Top Tea Health Advocate” at World Tea Expo 2017.

To learn more about The Tea Spot, visit <https://theteaspot.com> or email sales@theteaspot.com. To learn more about the Chicago International Tea Festival, visit <https://www.citfest.com>.



ABOUT THE TEA SPOT, INC.

The Tea Spot, Inc. is a leading producer of handcrafted whole 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 <http://theteaspot.com>.

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