



For Immediate Release

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**Los Angeles Tea Festival, Aug. 10-11, to Feature The Tea Spot's
Maria Uspenski in a 'Tea and Health' Special Session**

BOULDER, Colo. (July 29, 2019) – Maria Uspenski, founder and CEO of [The Tea Spot](#), will present a special session on the health benefits of tea at the [Los Angeles Tea Festival](#) on Saturday, Aug. 10, 2019, at 11:30 a.m. at the Magic Box @ The REEF in downtown Los Angeles. 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.

Los Angeles Tea Festival – which will take place Aug. 10-11 and is open to tea enthusiasts and those interested in learning about tea – is expected to attract more than 4,500 attendees. Now in its ninth year, Los Angeles Tea Festival is the nation's largest tea festival, featuring two days of tea talks, exhibits and tea culture.

"Los Angeles Tea Festival is all about uniting tea enthusiasts," says Uspenski, who's also the author of the book [Cancer Hates Tea](#). "I'm thrilled to connect with festival attendees this August and share how tea fits into a healthy on-the-go lifestyle."

Uspenski, whose presentation is titled "Drink to Your Health with Camellia Sinensis," will journey through the science, the how-to's and the myths surrounding tea. She'll begin with an overview of tea's history and cultural traditions as a health beverage, and then share the nuts and bolts of how tea can help to keep you healthy, happy and hydrated. She'll also look at what's trending in the world of tea and offer tips on how to easily bring tea into everyday nutrition and hydration routines.

Immediately following the presentation, Uspenski will be available to sign copies of *Cancer Hates Tea*, where Uspenski shares what she has learned and experienced about how tea works to help the body's defenses against cancer.

"Attendees at the Los Angeles Tea Festival will learn about the many health benefits of a cup of tea, and where those benefits derive from," says Uspenski. "Overall, tea can improve one's health and wellness, along with functioning as a precautionary agent against disease in the human body."

In addition to Uspenski's presentation, the Los Angeles Tea Festival will feature countless opportunities to sip on top quality tea and engage in in-depth discussions and presentations on teas from every region. Attendees will try unique tea pairings and experience craft tea infused cocktails and boba, while enjoying the exhibits, colorful performances and activities.

"We're thrilled to feature tea industry expert Maria Uspenski and The Tea Spot at the upcoming Los Angeles Tea Festival, as well as the many other participants," says Bianca Shah, CEO of [International Tea Importers](#), which organizes the annual festival. "We look forward to bringing the many flavors of tea from every region of the world – right to downtown Los Angeles."



For the festival, The Tea Spot is including samples of its [Rise and Chai](#) tea in all attendee bags. Rise and Chai is specially blended to help boost your morning routine. This tea pairs velvet-smooth pu'erh tea with black teas, turmeric and other spices for a scrumptious morning cup packed with the natural health benefits of pu'erh and turmeric.

To learn more about the Los Angeles Tea Festival, visit <https://teafestivalla.com>. To learn more about The Tea Spot, visit <https://theteaspot.com> or email sales@theteaspot.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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