

More Than Delicious: Chai is a Super Health Food Everyone Should Be Drinking this Fall

Organic, sustainably harvested ingredients offer tremendous benefits to the body and mind.

Lafayette, CO. (September 2021): Enjoyed by millions of people around the globe, chai (a word that translates from Hindi to “tea”) has become a household name among those who love its earthy, spicy taste, as well as those seeking an alternative to traditional Western teas or coffee. In addition to having a wonderful flavor, many consider chai to have incredible health benefits thanks to the ingredients used in its creation. When made from responsibly sourced products, chai can offer relief for inflammation, indigestion, and nausea and contain chemopreventive effects.

What is Chai?

To understand how chai can have such great health benefits, it is important to understand what goes into producing quality chai products and get to know the people in the industry. Brands such as [Sherpa Chai](#) offer numerous flavors and varieties from its famous line of chai. The company’s [unsweetened Traditional Sherpa Chai](#) is a family recipe chai as it was enjoyed for generations by the Nepalese people. Its primary ingredients include Nepali black tea, vegan cane sugar, hand-pressed Peruvian ginger, black pepper, cinnamon, cardamom, cloves, and citric acid. When steeped into the black tea, each of these items combine to offer a powerhouse of benefits that will help fortify the immune system, boost energy, improve mood, and promote overall good health throughout the human body.

Sherpa Chai founder and owner Pemba Sherpa says their unsweetened chai has become a flagship product and agrees that regular consumers of quality chai should also see visible signs of improved health.

“One of the messages at our company that we try to always convey to the customer is that they are experiencing a healthy drink that has been perfected throughout generations,” Sherpa says.

The Benefits

More energy: The caffeine in the black tea leaves offers a fantastic energy booster and a healthy alternative to coffee. Since a cup of chai also only has about a third of caffeine as a cup of coffee, it can be enjoyed throughout the day without experiencing a caffeine crash.

Better digestion: Fresh ginger is a great ally when it comes to maintaining gut health. This ingredient helps provide more oxygen to the body's organs, improving their function. Black pepper is another digestion aid supporting the enzymes within the pancreas. We enjoy a lesser risk of iron deficiency, liver failure, and improved weight loss with better digestion.

Reduced inflammation: [Ginger](#), turmeric, cloves, and cinnamon are all wonderful natural tools our bodies use to combat inflammation throughout the body while at the same time fortifying our immune systems. Everything from Alzheimer's disease to more common viruses [is linked to inflammation](#).

Chemopreventive properties: While a whole foods diet is always encouraged by doctors for reducing the likelihood of cancer, the [combined ingredients of chai](#) have specifically "shown promise as chemopreventive and therapeutic agents in cancer." This is somewhat related to the previous point that chai helps reduce inflammation which helps prevent several diseases. However, for those specifically dealing with or worried about the possibility of developing a cancerous disease, chai is an affordable, delicious way to help combat one of the human body's ugliest enemies.

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About Sherpa Chai

Sherpa Chai is a U.S.-based specialty chai beverage company founded in Boulder, Colorado, in 2014 by Nepalese restaurateur Pemba Sherpa. Based on an age-old family recipe passed down through generations, Sherpa Chai features a robust blend of organic Nepalese black tea, fresh ginger, and a handful of delicate spices packed with all-natural healing powers. The all-natural Sherpa Chai beverages include various specialty flavors: Traditional, Spicy, Unsweetened Traditional, Honey Vanilla, Decaf Traditional, Turmeric Ginger, and others. For more information on Sherpa Chai, visit the company online at www.sherpachai.com or on [Facebook](#), [Instagram @sherpachai](#), and [LinkedIn](#).

About Pemba Sherpa

Born and raised in the picturesque hillside village of Sengma in the Khumbu (Everest) region of Nepal, Pemba Sherpa is an accomplished entrepreneur, author, climber, and restaurateur with a passion for the mountains, outdoor adventures, and the Sherpa culture. As a lifelong adventurer, Pemba never stops learning or redefining the impossible. His iconic passion for the great outdoors is always on full display at Sherpa's Adventurers Restaurant & Bar, where he can often be found sharing his love and knowledge of the Himalayan Mountains.