



Health Breakdown

A cup of tea eases frazzled nerves, helps your heart, and may even help fight cancer.

It's a rite of summer, setting out the sun tea jar. With all the health benefits of black tea, sun tea is even more welcome than ever. There's compelling evidence that tea reduces the risk of heart disease, and possibly even helps prevent cancer and Alzheimer's disease.

Indeed, tea is considered a superfood – whether it's black, green, white, or oolong tea. All those tea types come from the same tea plant, *Camellia sinensis*. The leaves are simply processed differently.

25 Reasons To Drink Green Tea

Health Benefits of Tea

Green tea leaves are not fermented; they are withered and steamed. Black tea and oolong tea leaves undergo crushing and fermenting processes. All teas from the *Camellia* plant are rich in polyphenols, antioxidants that detoxify cell-damaging free radicals in the body. Tea has about eight to 10 times the polyphenols found in fruits and vegetables.

Studies of humans, animals, and petri-dish experiments show that tea is high beneficial to our health. Research suggests that regular tea drinkers – people who drink two cups or more a day – have less heart disease and stroke, lower total and LDL cholesterol, and recover from heart attacks faster. There's also evidence that tea may help fight ovarian and breast cancers.

Tea also helps soothe stress and keep us relaxed. One British study found that people who drank black tea were able to de-stress faster than those who drank a fake tea substitute. The tea drinkers had lower levels of cortisol, a stress hormone.

The Secret Ingredient in Tea

Catechins, a type of disease-fighting flavonoid and antioxidant, are the keys to tea's health benefits. Here's a tip: The longer you steep the tea, the more flavonoids you'll get in your brew.

To get the best tea benefit, some studies suggest drinking three cups each day to cut heart disease risk.



25 Reasons To Drink Green Tea

1. Green Tea & Cancer

The antioxidant in green tea is 100 times more effective than vitamin C and 25 times better than vitamin E. This helps your body at protecting cells from damage believed to be linked to cancer.

2. Green Tea & Heart Disease

Green tea helps prevent heart disease and stroke by lowering the level of cholesterol. Even after the heart attack, it prevents cell deaths and speeds up the recovery of heart cells.

3. Green Tea & Anti-Aging

Green tea contains antioxidant known as polyphenols which fight against free radicals. What this means is that it helps you fight against aging and promotes longevity

4. Green Tea & Weight Loss

Green tea helps with your body weight loss. Green tea burns fat and boosts your metabolism rate naturally. It can help you burn up to 70 calories in just one day. That translates to 7 pounds in one year.

5. Green Tea & Skin

Antioxidant in green tea protects the skin from the harmful effects of free radicals, which cause wrinkling and skin aging. Green tea also helps fight against skin cancer.

6. Green Tea & Arthritis

Green tea can help prevent and reduce the risk of rheumatoid arthritis. Green tea has benefit for your health as it protects the cartilage by blocking the enzyme that destroys cartilage.

7. Green Tea & Bones

The very key to this is high fluoride content found in green tea. It helps keep your bones strong. If you drink green tea every day, this will help you preserve your bone density.

8. Green Tea & Cholesterol

Green tea improves the ratio of good cholesterol to bad cholesterol.

9. Green Tea & Obesity

Green tea prevents obesity by stopping the movement of glucose in fat cells. If you are on a healthy diet, exercise regularly and drink green tea, it is unlikely you'll be obese

10. Green Tea & Diabetes

Green tea improves lipid and glucose metabolisms, prevents sharp increases in blood sugar level, and balances your metabolism rate.

11. Green Tea & Alzheimer's Disease

Green tea helps boost your memory. And although there's no cure for Alzheimer's, it helps slow the process of reduced acetylcholine in the brain, which leads to Alzheimer's



12. Green Tea & Parkinson's Disease

Antioxidants in green tea prevent against cell damage in the brain, which cause Parkinson's.

13. Green Tea & Liver Disease

Researches showed that green tea destroys harmful free radicals in fatty livers.

14. Green tea & High Blood Pressure

Drinking green tea helps keep your blood pressure down by repressing angiotensin, which leads to high blood pressure.

15. Green Tea & Food Poisoning

Catechin found in green tea can kill bacteria which cause food poisoning and kill the toxins.

16. Green Tea & Blood Sugar

Polyphenols and polysaccharides in green tea help lower your blood sugar level.

17. Green Tea & Immunity

Polyphenols and flavenoids found in green tea help boost your immune system.

18. Green Tea & Colds

Vitamin C in green tea helps you treat the flu and the common cold.

19. Green Tea & Asthma

Theophylline in green tea relaxes the muscles which support the bronchial tubes, reducing asthma.

20. Green Tea & Ear Infection

For natural ear cleaning, soak a cotton ball in green tea and clean the infected ear.

21. Green Tea & Herpes

Green tea increases the effectiveness of topical interferon treatment of herpes. First green tea compress is applied, and then let the skin dry before the interferon treatment.

22. Green Tea & Tooth Decay

Green tea destroys bacteria and viruses that cause many dental diseases.

23. Green Tea & Stress

L-theanine, which is a kind of amino acids in green tea, can help relieve stress and anxiety.

24. Green Tea & Allergies

EGCG found in green tea relieves allergies.

25. Green Tea & HIV

Scientists in Japan have found that EGCG (Epigallocatechin Gallate) in green tea can stop HIV from binding to healthy immune cells.

