

BENEFITS OF GREEN TEA:



Ever wondered why the Chinese are said to have one of the highest life expectancies on earth? Today, thousands of scientific studies confirm what the ancient Chinese knew through simple observation:

Green tea is perhaps the most healthful beverage human beings can consume. Studies either strongly suggest or confirm that the antioxidants in green tea can reduce LDL cholesterol, promote fat burning, reduce the risk of several forms of cancer and alleviate depression.

Drinking a daily cup of tea will surely starve the apothecary.

~ Chinese Proverb

Please don't confuse green tea with the normal black tea variety common in Kenya, which is drunk several times daily.

Ancient Chinese people knew the benefits of green tea for health. They have always used it for medical purposes. However, in Ancient China, it

was used especially against the headaches and depression. Green tea has a great importance in China history. It is produced from the leaves of *Camellia Sinensis* by some special processes. Unlike black tea, it has little amount of caffeine which causes to insomnia, nausea and frequent urination.

Tea is drunk to forget the din of the world.

~ T'ien Yiheng

This is the list of benefits of green tea which I've found during my research:-

1. It is used to treat multiple sclerosis.
2. It is used for treatment and prevention of cancer.
3. It is used to stop Alzheimer's and Parkinson's diseases.
4. It is used to raise the metabolism and increase fat oxidation.
5. It reduces the risk of heart diseases and heart attacks by reducing the risk of thrombosis.
6. It reduces the risk of esophageal cancer.
7. Drinking green tea inhibits the growth of certain cancer cells, reduces the level of cholesterol in blood, and improves the ratio of good cholesterol to bad cholesterol. Studies have actually proven that green tea reduces the amount of bad cholesterol (LDL).
8. It is used to treat rheumatoid arthritis and cardiovascular diseases
9. It is used to treat impaired immune function.
10. Some researches show that, drinking green tea regularly may help prevent tooth decay by killing the bacteria which causes the dental plaque.
11. New research from Hong Kong found that green tea, one of the most popular drinks around the world, may benefit bone health and

the researchers suggest it has the potential to help prevent and treat osteoporosis and other bone diseases suffered by millions of people worldwide.

If man has no tea in him, he is incapable of understanding truth and beauty.

~ Japanese Proverb

NB: Green tea is processed slightly differently from traditional black tea. Green tea is processed without fermentation in order to preserve the nutrients that contain the health benefits. Freshly cut, young, downy leaves are steamed and then rolled and dried to make green tea. This means that it is slightly more expensive than the traditional blends available on our supermarket shelves but well worth it.

These are truly wonderful benefits all contained in a simple cup of tea. So next time you are at Nakumatt or Uchumi or any other supermarket, how about taking home a box of green tea?

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