Health Benefits of Green Tea Make it a Superb Drink by Annphilip

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Green tea is considered as a miraculous medicine for the maintenance of good health. While black tea will be fermented in its drying process, green tea leaves are slightly steamed and dried before packing. People drink tea to get more energy because tea is an aromatic stimulant that contains various polyphenols, essential oils, and caffeine. Saudi Arabia is considered as a country that has a majority of teal lovers. According to a survey conducted there more than 50% of people who drank more than 6 cups of tea is less prone to diseases related to heart compared to those didn't consume tea.

For many years people have been talking about green tea and its benefits. And recently it became a habit to include green tea in our regular menu as green tea can do a lot to improve our health and maintain a balanced diet.

The driving force behind green tea's popularity is catechin, a unique and concentrated form ofepigallocatechin-3-gallate, or EGCG. This antioxidant called catechin can eliminate free radicals that will sometimes damage DNA, and contribute to cancer, artery blockages and blood clots. While the first cropped tea, or spring tea, contains 12-13% catechin, the third crop or summer tea, has 13-14% of catechin. Green tea also contains antioxidants like Flavinoids and amino acids like Thiamine, other than vitamin A, B2, B3, vitamin C and vitamin E.Some of the benefits of green tea are it can lower risk of cancer, lessen pain related to rheumatoid arthritis, stabilizes cholesterol levels and boost immune system.

Reduces risk of cancer- Though studies related to this topic are still continuing the primary data shows that green tea has the magical power to lower the risk of cancer. The weapon named catechin polyphenols in green tea has got the ability to inhibit cancerous cell. This powerful anti-oxidant not only inhibits the growth of cancer cells, but also kills cancer cells without harming other tissues. Studies prove that many people has shown positive response by taking green tea in their daily menu, this includes the fight against cancers like bladder cancer, breast cancer, ovarian cancer, colorectal cancer, lung cancer and pancreatic cancer.

Reduces pain related to rheumatoid arthritis - Some researches show that polyphenol antioxidants present in the green tea reduce the pain and severity of arthritis. As EGCG has the power to protect cartilage destruction and reduce joint swelling and pain, many doctors are recommending green tea as a remedy for treating arthritis.

Stabilizes immune system â€“ it's the magical power of the polyphenol antioxidants present in the green tea that give a major impact on your immune system. Studies conducted across different people showed that a compound in green tea stimulates the activity of the gamma delta T cells present in our immune system and this enhances body's power to fight against foreign invasions.

Slows ageing process â€“ Green tea also slows down the aging process by preventing the formation of wrinkles and fine lines on your facial skin. For hair it acts as a good conditioner and helps to maintain the healthiness, while preventing the premature hair graying.

Lowers cholesterol- Green tea's alkaline nature increases its health benefits. It not only burns excess cholesterol, but also helps in keeping cholesterol under control.

Thus in one way or other green tea is offering us so many benefits. Though green tea can be made easily, it's not always easy to make a good tea with appropriate quantity of milk and sugar. I always

watch cookery shows in TLC and other channels in my home digital television connected to service from providers like Verizon FIOS TV to pen down different the recipes and make a tryout of it. As we have impressive results from studies related to this wonderful drink, why should we hesitate to use it? Drink green tea daily and stay healthy.

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