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The Importance of Chinese Green Tea by [Catherine](#)

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Chinese green tea is well known mostly because it is the oldest type of tea that has been used. While other cultures in this area have produced the tea for one or two thousand years, the Chinese have produced it for over 4,000 years. In the world of tea, this gives them a strong running start with their ability to produce different flavors and stronger teas for those who are interested in the health benefits. Actually, the health benefits of Chinese green tea have been known throughout the world. The Chinese have known about these medicinal benefits since ancient times, as they have been using green tea to treat everything from headaches to depression. A writer named Nadine Taylor in her book *Green Tea: The Natural Secret for a Healthier Life* mentioned that green tea has been used as a medicine in China for at least 4,000 years.

New evidences that reveal the other benefits of Chinese green tea are now emerging. One of those is the claim that Chinese green tea can help dieters. Researches found that men who were given a combination of caffeine and green tea extract burned more fats than those given only a placebo and caffeine. Chinese green tea is also said to prevent tooth decay. Just as its bacteria-destroying abilities can help prevent food poisoning, it can also fight the bacteria that cause dental plaque.

Green tea has been used traditionally to control blood sugar in the body. Animal studies suggest that green tea may help prevent the development of type 1 diabetes and slow the progression once it has developed. People with type 1 diabetes produce little or no insulin, a hormone that converts glucose (sugar), starches, and other foods into energy needed for daily life. Green tea may help regulate glucose in the body.

If you want to know where to start when investigating the various Chinese Green Tea that are available, it is best to begin with your taste buds. Many of the teas that are offered from this culture will be divided first by process, then by the result that the process makes. They are the providers of best quality loose leaf green teas that are sourced directly from the traditional tea producing regions in China. Many of these teas are organically cultivated and harvested and thus offer the best option for improving your health in a natural manner. All of these teas are inspected and graded individually by professionals and highly trained experts after harvest, and then are stored appropriately by vacuum sealing and refrigeration to preserve their freshness and quality.

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