THE POWER OF T

Numerous health benefits have been attributed to tea since time immemorial. In folk medicine, the health benefits of tea were already recognized 5000 years ago and it was used as a treatment for infectious diseases, colds, and also as an aid to the digestive and nervous systems.

NUTRITIONAL VALUE OF TEA

Tea contains antioxidants

Tea is high in antioxidants that are also found in fruit and vegetables and, as part of a balanced diet, can help to maintain a healthier lifestyle. Consuming more antioxidants can help protect the body against naturally produced toxins called free radicals. Research indicates that antioxidants can have a protective effect against some cancers and help prevent heart disease and stroke. Antioxidants may also help protect against age-related memory impairments such as Alzheimer's.

Tea has less caffeine than coffee

Coffee usually has two to three times the caffeine of tea. An eight-ounce cup of coffee contains around 135 mg caffeine; tea contains only 30 to 40 mg per cup. If drinking coffee gives you the jitters, causes indigestion or headaches or interferes with sleep --switch to tea.
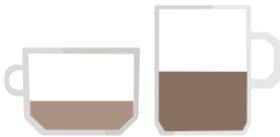
Tea is calorie-free

Tea doesn't have any calories, unless you add sweetener or milk. Consuming even 250 fewer calories per day can result in losing one pound per week. If you're looking for a satisfying, calorie-free beverage, tea is a top choice.

Tea contains valuable minerals

12
Mg

19
K

9
F

Tea is a source of the minerals manganese, essential for bone growth and body development, and potassium, vital for maintaining body fluid levels.

Tea is a natural source of fluoride and drinking four cups makes a significant contribution to your daily intake.

HEALTH BENEFITS OF TEA

Tea gives you a sweet smile

It's the sugar added to tea that's the one to blame for dental problems. Tea itself actually contains fluoride and tannins that may keep plaque at bay. So add unsweetened tea drinking to your daily dental routine of brushing and flossing for healthier teeth and gums.

Tea bolsters your immune defenses

Drinking tea may help your body's immune system fight off infection. When 21 volunteers drank either five cups of tea or coffee each day for four weeks, researchers saw higher immune system activity in the blood of the tea drinkers.

Tea may reduce your risk of heart attack & stroke

The antioxidants in green, black, and oolong teas can help block the oxidation of LDL (bad) cholesterol, increase HDL (good) cholesterol and improve artery function. A Chinese study published recently in the Archives of Internal Medicine showed a 46%-65% reduction in hypertension risk in regular consumers of oolong or green tea, compared to non-consumers of tea.A University of Penn State-led review of the available evidence from 66 published studies, supports the view that consuming flavonoid-rich tea, in moderation, can be associated with reduced risk for cardiovascular disease.

TEA AIDS IN WEIGHT REDUCTION

In a study by Japanese scientists, research suggests that black tea polyphenols support healthy weight loss and reduce body fat thanks to their ability to reduce fat absorption. The data revealed that black tea polyphenols prevented weight gain following a high fat diet.

Tea helps keep you hydrated

Caffeinated beverages, including tea, used to be on the list of beverages that didn't contribute to our daily fluid needs. Since caffeine is a diuretic and makes us pee more, the thought was that caffeinated beverages couldn't contribute to our overall fluid requirement.

However, recent research has shown that the caffeine really doesn't matter -- tea and other caffeinated beverages definitely contribute to our fluid needs. The only time the caffeine becomes a problem as far as fluid is concerned is when you drink more than five or six cups of a caffeinated beverage at one time.

Tea protects against cancer

Thank the polyphenols, the antioxidants found in tea, once again for their cancer-fighting effects. There are enough studies that show the potential protective effects of drinking tea to make adding tea to your list of daily beverages.

TEA INCREASES METABOLISM

Lots of people complain about a slow metabolic rate and their inability to lose weight. Green tea has been shown to actually increase metabolic rate so that you can burn 70 to 80 additional calories by drinking just five cups of green tea per day. Over a year's time you could lose eight pounds just by drinking green tea. Of course, we also recommend taking a 15-minute walk every day to also burn calories.

Tea protects your bones

In the past it was thought that certain constituents found in tea, such as caffeine and fluoride, may weaken the bones. However, recent research is now suggesting that drinking tea can actually have a positive effect on bones. Studies among older women have found that women who drank four or more cups of tea a day had improved bone density compared to women who were non-tea drinkers. Furthermore, the milk that is added to tea, as enjoyed by the majority of the population, is a source of Calcium, which is important for bone health. In fact, the milk in four cups of tea a day provides 21% of an adult's daily calcium requirements.

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