

Health Benefits of Green Tea

Due to the high level of catechins in green tea, it offers a number of beneficial effects like protecting against cancers and heart disease, elimination of fat, anti-inflammatory effects against arthritis, liver disease and some virus and bacterial infections.

Green Tea and Cancer:

Research in various countries has shown that epigallocatechin gallate (EGCG), an antioxidant which is abundant in green tea helps in protecting cells from damage linked to various cancers like breast cancer, adult leukemia, bladder cancer and skin cancer. Chinese studies indicate that men who drink at least one cup of green tea a day for six months have a reduced risk of developing cancer of the colon, rectum, pancreas, ovary and esophagus.

Green Tea and Heart Disease:

Green tea helps to reduce the level of cholesterol by the action of polyphenols and thereby prevents heart disease and stroke. Even after heart attack, it prevents cell deaths and speeds up the recovery of heart cells. A Japanese study found that the risk of coronary heart disease was reduced by 39% in green tea extract.

Green Tea and Anti-Ageing:

The antioxidants in green tea fight against free radicals and help in reducing the effects of ageing on skin like wrinkles, sunburn, etc. Various cosmetic and skin care specialists now offer a range of skin products that include green tea extract.

Green Tea and Weight Loss:

In addition to lowering cholesterol, green tea burns fat calories and boosts metabolic rate. Caffeine interacts with flavonoids to increase the rate at which calories are burnt. As such, green tea is an excellent recipe to fight obesity.

Green Tea and Inflammation:

Scientists have found that two ingredients in green tea block the enzyme that destroys cartilage. Due to anti-inflammatory effects, green tea helps in preventing and reducing the risk of rheumatoid arthritis and can reduce the damage to a diseased liver.

In addition to above, green tea is also found to have the following health benefits:

- By slowing down the process of reduced acetylcholine in the brain, it helps to prevent Alzheimer's disease.
- By preventing cell damage in the brain, it helps to fight against Parkinson's disease.
- By repressing angiotensin, which leads to high blood pressure, green tea helps to prevent high blood pressure.
- Epigallocatechin gallate (EGCG) found in green tea relieves allergies.
- The high fluoride content in green tea is useful in keeping the teeth and bones strong.
- Green tea improves lipid and glucose metabolisms, preventing sharp increase in blood sugar level.