
The Benefits Of Green Tea

Green tea has become more popular in recent years around the world than it has ever been. More people in the western countries are consuming green tea than Benefits of Green Tea, Red Tea, and White Tea ever before, and more and more studies are showing that this trend is definitely a positive one. Green tea boasts a myriad of health benefits... but why is it so popular? Where Benefits of Green Tea, Red Tea, and White Tea did it come from, and why is it so healthy? These are great questions, so before we begin our study on the subject of the benefits of green tea, let's talk for a minute about the origins of this amazing beverage.

Green tea is made from the leaves of a plant called *Camellia Sinensis*. This is actually the same plant that is used in the production of black tea, which is confusing to some people since black and green tea seem so different. What a lot of people do not realize, however, is that green tea is not different because of the plant used to make it. Rather, it differs from other types of tea in the way that the plant is processed to make it. Green tea is the least processed among all of the different commercial Benefits of Green Tea, Red Tea, and White Tea teas, which is why it preserves more of the nutrients than any other tea made with the same ingredients.

Black tea, on the other hand, undergoes the longest oxidation process of any of the teas made from the *Camellia Sinensis*. This is why it is thicker and blacker than white tea, which is more pale and white in comparison, due to its relatively short oxidation process. Green tea, however, is fired immediately after it is picked, which means that it is either heated or steamed before it is dried, at which point it is prepared for sale. As you can see, green tea is Benefits of Green Tea, Red Tea, and White Tea spared the oxidation process that removes most of the nutrients from black and white tea, which is why it is considered so much healthier... even though black and white teas are considered healthy and nutritional by their own standards.

Green tea has not always been popular in the western world. It has been used for thousands of years in Japan, as well as in China and in other cultures throughout Asia. It actually originated in China, where the first evidence of tea consumption dates back over 4,000 years. It was consumed both as a beverage and as a medicine. It was used for many things, including the stopping of bleeding in wounds, the promotion of healing, the regulation of body temperature, the stabilization of blood sugar, and even in aiding the body's digestive processes. Several Chinese books, dating back many years, tell of the benefits of green tea and of how to utilize these benefits to promote healing, organ health, and a positive brain Benefits of Green Tea, Red Tea, and White Tea activity.

In this book, we are going to go into much greater detail by illuminating many of the benefits of green, red, and white teas. All of these beverages have been used for thousands of years to promote healing and good health, and Benefits of Green Tea, Red Tea, and White Tea we are going to explore the reasons for this by breaking down all of the main benefits of the consumption of these ancient, but incredibly potent beverages.

Benefits Of Green Tea

1... It Can Help To Keep You From Getting Sick

Green Tea contains a large number of flavonoids, which are compounds (derived from plants) that are also known as antioxidants. Green tea is actually the very best source of a food group called catechins, which are more powerful Benefits of Green Tea, Red Tea, and White Tea than even vitamins E or C when it comes to fighting off diseases.

If you drink green tea that is not overly processed, and steep it long enough to bring out these catechins (generally 2 to 5 minutes), then you will be Benefits of Green Tea, Red Tea, and White Tea getting a super-dose of disease fighting antioxidants that few foods could match. As it turns out, drinking green tea is a definite way to improve your odds of avoiding the common cold, and even worse ailments. It can also help you to fight off such conditions if you have already happened to acquire them.

2... It Can Lower Your Risk Of Getting Cancer

If you have ever thought that the tea-drinking hippies were just pulling your chain when they told you that green tea can help to prevent cancer, you might want to re-think your stance! As it turns out, green tea has been shown to significantly reduce your risk of getting several different types of cancer.

Among the cancers that green tea can protect you from are cancers of the lungs, breasts, skin,

colon, bladder, and esophagus. While drinking green tea may not be a cure-all answer for cancer risk, drinking a healthy, freshly brewed dose of the beverage two to three times per day can drastically reduce the chances of you developing one of these types of cancer. Just remember to avoid the decaffeinated, bottled versions of the tea, as these are often stripped of their beneficial flavonoids and nutrients. Benefits of Green Tea, Red Tea, and White Tea long before they are consumed. Opt instead for fresh brewed tea that has been minimally processed.

Benefits Of Green Tea Red Tea And White Tea

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