



Tea

Green tea consumption originated in China and has been used as a medical beverage for mind and body for nearly 5000 years. It was introduced to Japan in the 9th century. Both in China and Japan green tea was a drink for elite intellectuals and religious classes in the early times, whose health benefit was already known by them.

Although scientific studies on humans are always difficult to conduct there is increasing evidence of the health benefits of green tea in laboratory studies. In general, tea contains Polyphenols that have anti-oxidant properties but it is the high content of Catechin (a type of Polyphenol) in green tea that makes its health benefits superior. Catechin is believed to contain anti-oxidants, anti-cancer and immune enhancers and is able to balance lipid and glucose metabolism. Therefore green tea can be a beneficial drink for dieters and people with diabetes or high cholesterol.

However, green tea should be consumed in moderation. Although the caffeine content is lower in weight than black tea, due to the different process of tea making green tea still contains caffeine. Also too much flavonoid intake can interfere with mineral absorption (especially iron), so it is wise to avoid large consumption of green tea if you suffer from iron deficiency. Most literature supports drinking 5 cups of green tea a day as safe and beneficial.



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