

Healthy Heart™

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Tea It Up

Health Benefits of Drinking Green Tea

Green tea originated in China but, as its health benefits are more evident and understood, has become a widely consumed beverage in the West.

Prepared from unfermented leaves, green tea is known to contain a high concentration of antioxidants, which fight free radicals that contribute to the development of many health problems including certain types of cancer and heart disease. Polyphenol, in particular, is a powerful natural antioxidant found in green tea, which helps ward off these ailments.

According to The University of Maryland Medical Center, clinical studies suggest that polyphenols kill cancerous cells and stop them from growing. Polyphenols are also responsible for lowering total cholesterol and increasing the HDL (“good”) cholesterol. The *Harvard Health Publications* provides further support that green tea is good for cardiovascular health through a meta-analysis of observational studies. They found that people who drank the most green tea had a 28% reduced risk of coronary artery disease over those who drank the least.

At this time, there is no evidence to show how much green tea is required for better health so like all food, it is best to consume in moderation. While green tea is rich in antioxidants, it is also a major source of oxalate, which can cause kidney stones. Let’s not forget that green tea does have some caffeine, which can lead to adverse effects if over-consumed for a long period of time.

With moderate consumption, green tea is believed to have a host of health benefits.

