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The cup of tea painting

Tea is not only a comfortable and pleasant drink, but also has a very remarkable healing properties to be considered a miracle drink that may be healthier than drinking water. This is all the way to drink tea can lead a healthier and longer life, and how to increase the enjoyment of the drink and its health benefits. While no one is running around extolling the virtues of cola instead of water for every day. Read more Not only for pleasure: TeaTea's many health benefits are the world's second most widely consumed drink after water. People have been drinking tea for centuries due to its health effects. A lot of research suggests that drinking tea, especially green tea, can fight the disease and prolong life. This is due to the high concentration of tea of antioxidants called polyphenols, which can lead to the prevention of cancer, osteoporosis and cardiovascular disease. Meanwhile, polyphenols are also found in the abundance of fruits, vegetables and whole grains and coffee in higher amounts. - Tea is particularly rich and rich in polyphenols of one type, called catechins (especially EGCG), that may be the most powerful ones of all. G/O media may receive blitzWolf 10LED Ring KitCancer Prevention The American Cancer Society Explained:EGCG may help some cancer cells die in the same way that normal cells do. Although ACS says more clinical trials are needed to support claims that green tea can prevent or treat any type of cancer, it notes many laboratory studies demonstrate the protective effect of green tea on cancer cells. For example, one study found that EGCG inhibits the growth of lung cancer cells, and another study finds that it inhibits breast cancer tumors. Meta-analysis of 13 studies showed that women who drank green tea had a lower risk of developing breast cancer than non-green tea drinkers as well as most scientific research, however, had other conflicting results suggesting black and green tea may not contribute significantly to breast cancer risk, so you may not drink tea for the sole purpose of preventing cancer. It's okay because there are so many other positive health associations with tea. The prevention of heart disease and high blood pressure studies of 40,530 people in Japan who consumed green tea extensively found that drinking green tea significantly reduces the risk of dying from cardiovascular disease (reduces the risk in women by 31% and reduces the risk in men by 22%). From decreased stroke: a 62% decrease in women and a 42% decrease in men, catechins in green tea are believed to inhibit the production of free radicals in the lining of the arteries and also prevent the formation of blood clots. Regular consumption of green tea or wulong (for at least a year) has also been shown to reduce the risk of developing high blood pressure by 46% for those who drink as much as 2.5 cups a day and less than 65% for those who drink more than 2.5 cups, a review published in the American College of Nutrition concluded that green tea and EGCG are considered beneficial dietary components for maintaining cardiovascular health and metabolism. To reduce the risk of death from all causes, the Japanese cohort study mentioned above examined the relationship between green tea drinking and death from all causes. Researchers tracked Japanese adults (ages 40 to 79) for up to 11 years and compared those who drank less than one cup of green tea a day with those who drank five or more a day. The results? Drinking green tea is associated with a 23% reduced risk of dying from any cause in women and a 12% lower risk in men. As Tea Class explains:L-theanine is a naturally occurring amino acid in the Camellia Sinensis plant, in fact, unless you use artificially produced tea supplements, the only way to get L-theanine in your diet. This powerful amino acid improves alpha wave activity in our brains, which promotes the state of soothing concentration. Think that silent alertness the calming effects of L-theanine actually counter very high and that jitters can be the result of excessive caffeine consumption. Like almost all other necessary elements in the leaves, L-theanine is the most highly concentrated in the newest growth. High-quality loose leaf teas are the most common L-theanine and the highest levels are often found in green and white tea, and Lots, Lots MoreStudies are also associated with drinking green tea with low or bad LDL. Cholesterol and lower body fat inhibit the influenza virus and even fewer dental plaques. The green tea book by Nadine Taylor also cites these benefits: G/O Media may receive commissions to treat moderate blood sugar, bacteria caused by food bacteria, Enhancing the immune system, developing beneficial bacteria in the gut and promoting gut consistency in weight loss by blocking the breakdown of the body's balanced starch, as well as the most potent drugs capable of claiming a wide range of and effective health benefits, and all without a single side effect. Well, some side effects have been attributed by drinking too much green tea extract or supplements (not drinks themselves) and pregnant women may want to avoid large amounts of tea. It is true that tea contains caffeine, which affects everyone differently. But tea generally contains less caffeine than coffee, and the caffeine in tea is slowly burning, so you can drink more cups throughout the day without interruption. For all wild hits, caffeine is one of the seriously misunderstood substances. It's not... Read more how to choose and brew tea for better health benefits We know that some of the many potential ways green tea can make us healthier, let's take a look at how to buy and brew appropriately. Tea tea types: Most studies focus on the health benefits of green tea, but what about black tea and other types? Einstein acne reported these average levels of EGCG in different teas per cup, as measured by USDA:Green Tea Brew: 180mgBrewed Green tea, decaffeinated: 60mgBrewed Green Tea, Flavor: 45mgReady-to-drink Green Tea: 10mgBrewed oolong tea: 80mgBrewed Black Tea: 20mg The report does not mention white tea, which has a similar EGCG content as green tea, but may have more health benefits than green tea because it is less processed. However, white tea is rarer than green and less studied. However, the antioxidant content also varies depending on the type of tea, brand and production. Tea brands: Speaking of tea brands, ConsumerLab tested bottles of green tea, brewable teas and supplements to find out which egcg and other catechins were at the highest level. The Observer News reports: From tea supplements and bottled tea. Of the 14 items showing the level of EGCG on the label, only three people had less than the claimed amount. For example, a 17-ounce honest green tea with honey contains only about two-thirds of the 190 mg of listed catechins, which include EGCG and other beneficial compounds (experts recommend consuming 200 mg of EGCG per day for the greatest benefit). Among the products listed at EGCG levels include all brewed teas - the findings are more diverse. Teavana Gyokuro Imperial Green Tea is sold as a loose tea with 86 mg of EGCG per serving, while one bigelow green tea bag has only 25 milligrams to achieve the recommended amount of EGCG, you will need to drink about 2 1/2 cups of the past eight cups back (a useful hint: steep tea in hot water for three to five minutes to fully extract EGCG). However, Teavana is more expensive (\$2.18 to get the equivalent of 200 milligrams of EGCG compared to \$0.27 to \$0.60 per tea bag). There is the maximum number of EGCG of supermarket tea bags, temperature and time to produce beer: what's also EGCG volume and antioxidant potential, including water temperature and boiling time. While following a general time and a good temperature guide for producing a cup of tea for a taste, if you're interested in getting the most benefit to the health of a cup of tea, Einstein's acne has found: there's a lot to love about tea. It's relaxing, but it can give you a boost that exists in different ways. Read moreBrewing with hot water results in more antioxidants in teaSteeping for three to five minutes it's better this time to go with the usual tea rules for different types (green tea is usually brewed with water at 175 degrees F and just a minute or so) so you may get a strong taste or even a bitter cup depending on the leaves. However, oolong tea is usually well done with long hours and higher temperatures. How many cups to drink a day: Most studies suggest the cup of tea you drink more per day (i.e. five or more) is better, but some people find the benefits with only two to three cups a day, which is what doctors, nurses and medical assistants network Advanced Healthcare recommend for patients as a simple healthy lifestyle strategy (don't worry, tea, moisturize and not act as a diuretic). A two to three cup of daily recommendations fit most 200 mg EGCG supplements recommended daily. All this says it's stupid to flutter down the thermostat of tea if you don't enjoy it. Even if you like stronger drinks such as coffee, you may be surprised to learn you may enjoy good tea as well (and have a health impact for good health), coffee is great, but even die-hard coffee lovers may want to give them a chance to have tea. Others loved read more Photos by Photosani (Shutterstock), --Mers. #

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