

1. Live Longer

People who regularly consume green tea have a lower risk of dying at any given age. In a Japanese study of green tea drinkers, those who consumed seven or more cups daily (compared with those who consumed one cup or less) were 75 percent less likely to die from cardiovascular disease and about 31 percent less likely to die from colorectal cancer. One possible explanation is that green tea may help maintain longer telomeres—the tips of chromosomes—according to a study in the *British Journal of Nutrition*. Telomeres typically shorten with age.

2. Fight Infection

Several medical reports indicate that green tea has anti-viral, anti-bacterial, and anti-fungal benefits. A report in the March 2009 *American Journal of Obstetrics & Gynecology* discussed the use of a topical ointment containing green tea extracts in the successful treatment of genital warts. L-theanine stimulates the activity of gamma-delta T immune cells, which protect the

Hot Trend: Matcha

Matcha is finely ground (powdered) green tea.

Mix it with hot or iced water for “instant” green tea with all the benefits of brewed, or add it to smoothies.



EDITORS' PICK

The Vitamin Shoppe Alcohol Free Green Tea Extract

Up to 4 to 9 cups of green tea per day have been recommended. If you don't have the time for this much tea drinking, but still want to reap the benefits, this extract is the answer. Just a few drops gives you the catechins and other compounds found in several cups.

body against bacterial viral, parasitic, and fungal infections. In addition, gamma-delta T cells stimulate the secretion of interferon and have some anti-tumor activity.

3. Boost Mood

Like yoga and meditation, L-theanine supplements boost the brain's levels of alpha waves, leading to greater mental focus and a feeling of relaxation. In a study of college students given difficult math problems, L-theanine supplements reduced markers of stress. Those same markers were higher when the students were not given L-theanine. L-theanine accounts for the taste of green tea, and higher grades (and usually more expensive varieties) of tea contain large amounts of this amino acid. Some evidence suggests that large amounts of L-theanine in green tea counteract the negative effects of caffeine.

Tea Giveaway

E-mail rishimarketing@rishi-tea.com by February 1 for a chance to receive one of 10 free Rishi Tea Powder Sample Packs including one stick each of Matcha, Sencha, Oolong, and Genmai tea.



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GOOD BUYS



Celsius Green Tea Raspberry Açai raises metabolism so that you burn up to 100 calories per can. Plus, it's infused with green tea and added vitamins.



Nature's Plus Chinese Green Tea provides the synergistic benefits of the whole tea leaf, including epigallocatechin, epicatechin, and gallic acid.



Rishi Tea Matcha Japanese Green Tea. Enjoy matcha anywhere, hot or cold. These convenient packets mix easily in your water bottle or mug.