

Title:

Tea - Not Only Perks You Up, But Benefits Your Health Too

Word Count:

462

Summary:

A sip in the morning, while reading your newspaper just makes your day complete. Most people's understanding about tea is that, it is a source of refreshment and nothing more. Many do not have a clue about its benefits and how useful it has been in making our life a healthier one.

For many who are not aware about the importance of tea, can get to know it a little better. Tea has been around for more than 5,000 years and hopefully would be around for another 5,000 years. T...

Keywords:

Home remedies with tea, fights cancer and heart disease

Article Body:

A sip in the morning, while reading your newspaper just makes your day complete. Most people's understanding about tea is that, it is a source of refreshment and nothing more. Many do not have a clue about its benefits and how useful it has been in making our life a healthier one.

For many who are not aware about the importance of tea, can get to know it a little better. Tea has been around for more than 5,000 years and hopefully would be around for another 5,000 years. There are four basic types of tea black, green, oolong and the most uncommon and rare breed is the white.

All teas come from the same plant called as "Camellia sinensis" a shrub which happens to grow up to 60 feet if found in wild. The processing pattern is different for each tea which makes the difference.

You can also have iced tea which is equally beneficial like any other hot cup of tea. Tea carries anti-cancer properties of polyphenols which helps to fight cancer. There is very less risk of heart disease as it prevents blood from clotting and helps to reduce cholesterol levels.

With the charm of refreshment and adding sparkle to your life, it also helps in shielding you from some of the most deadly diseases mankind has ever known.

After a thorough research it has been said that drinking 2 cups of tea everyday can reduce your risk of developing ovarian cancer by 50%.

It has been very useful to maximize your body defenses to fight diseases like cancer and heart disease. Black tea protects you against cancers. It also helps in reducing your bad cholesterol.

Having tea in comparison to coffee is better because coffee contains more caffeine which is not good for our health. One who adds milk to their tea helps in developing strong bones as milk has calcium which is good for the bones.

Tea contains fluoride and tannins which drive the plaque away. It helps in keeping your dental records white and shiny, of course including your usual dental regime which would involve brushing and flossing.

Even though there has been research that caffeinated fluids dehydrates your body which includes tea. But it has now been seen that caffeine doesn't dehydrate you entirely, unless you happen to drink five to six cups at one time. So having little tea can help you remain hydrated.

Having ginger tea may help you get relief from sore throat. Having herbal tea can be very good to get rid of the early cold attack. Teas like enchinacea, peppermint and chamomile would do wonders against the cold if you combine all these together to make a brewing hot cup of tea. If taken 2 to 4 times a day, it may just do the trick.