

Benefits of Green Tea

Health minded individuals look to natural alternatives to fight off illness and chronic disease, and enhance general well being. One of the most popular natural food choices is green tea because of its known health benefits. Green tea is derived from the same plant as black tea, they are just processed differently. According to various online sources, green tea contains polyphenols, collectively known as catechins, which are powerful antioxidants shown in recent studies to fight viruses, slow aging, and fight free radicals that can damage cells and leave the body susceptible to cancer and other diseases. Some other benefits of green tea: lowers cholesterol and blood sugar levels, reduces angiotensin II levels that affect blood pressure, fights allergies, and strengthens the immune system. As you can see, there are many healthy benefits associated with regular consumption of green tea.

For answers to commonly asked questions about green tea, including the health benefits of green tea, how it's different from black teas, and a summary of research on green tea visit www.celestialseasonings.com. In an independent study linked to from this website, which can be found at www.heartcenteronline.com, green teas on the market do not contain the same levels of antioxidants, showing a wide variation from one brand to another. For example, Celestial Seasonings Green Tea contained 217 mg of catechins on the high end, whereas Uncle Lee's Green Tea contained only 157 mg per serving. If you want to increase the benefits of green tea, then choose a variety with a higher content of these powerful antioxidants. Another site to visit for more information and resources pertaining to the health benefits of green tea, and how it can improve your health is www.chinesefood.about.com; lots of good general information in an easy to read format.

Quality green tea can be purchased just about anywhere, including natural grocers and online. The exact content of catechins may or may not be listed on the packaging, so do research before purchasing, so that what you're buying gives you the most health benefits of green tea. Visit www.japanesegreenteaonline.com to purchase high grade green teas that are not only delicious, but contain larger quantities of polyphenols, vitamins, and minerals than ordinary green tea. If you are already a lover of green tea, or are seeking the health benefits of green tea, pay a visit to www.greentealovers.com, a virtual green tea house, dedicated to enjoying fine imported Chinese and Japanese green teas. Here's to your health - Enjoy!