5 reasons to drink green tea: share with your friends and loved ones!

Studies in both animals and humans have now demonstrated the powerful effects of green tea. The positive effects of green tea are broad and target multiple aspects of health challenges. That is why green tea helps to reduce modern-lifestyle-causing health problems.

1. Green Tea protects against aging, oxidative stress, DNA damage, and cell death, three ways:

1) Enhancing natural cellular protective systems,

2) Slowing inflammatory responses to chemical stress, and

3) Improving metabolic performance. These beneficial effects were observed even when subjects were exposed to some dangerous environmental contaminants, such as industrial chemicals and cigarette smoke.

2. Green Tea fights Metabolic Syndrome

According to a study, nearly 35% of all adults and 50% of those aged 60 years or older were estimated to have metabolic syndrome. Numerous studies show the powerful antioxidants from Green Tea, EGCG, slow or reduce this modern health challenge. Three major conditions from Metabolic Syndrome, fatty liver disease, insulin resistance disorder, and unhealthy lipid profile, were improved with EGCG Green Tea antioxidants.

EGCG also fights against diabetic neuropathy, nerve damage from diabetes. This complication results from the loss of pain-sensitive neurons in the spinal cord due to high blood sugar producing severe oxidative stress. Studies show treatment with EGCG normalized the stress and improved the sensitivity.

3. A habit of drinking Green Tea regularly lowers cardiovascular risk in three ways:

1) Catechins, Green Tea antioxidants, improve endothelial function, which is the ability of cells lining arterial walls to regulate blood flow and pressure.

2) EGCG from Green Tea also triggers natural protective systems in the arteries.

3) EGCG and L-Theanine, both natural substances in Green Tea, help to prevent blood cells from sticking to artery walls.

4. Green Tea offers protection against brain cell damage

Green Tea delays cognitive decline by promoting more efficient mitochondrial function and inhibiting a number of major inflammatory pathways.

Green Tea improves the acute learning and memory impairments.

Green Tea helps to reduce the accumulation of beta amyloid plaques, which causes cell death in the brains of those with Alzheimer's disease. In lab studies, Green Tea prevented accumulation of toxic abnormal proteins found in the brains of animals with Parkinson's disease.

5. Green Tea promotes bone health by increasing bone mineral density

Osteoporosis is caused by lack of new bone formation as a result of excessive oxidative stresses. This health problem not only affects postmenopausal women but also older men. Studies show Green Tea antioxidants suppress bone breakdown and promote new bone formation as a result of their ability to fight oxidative stress and reduce inflammation that contribute to bone loss.

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