

Green tea benefits on mood

"Living well is more than organic veggies and grass fed beef." While we understand the importance of pure, nutritious foods, most of us probably agree with this insight. "Wholesome living" and "mindful living" are great, but there is something more to "well-being." What would that be?

Have you have heard about "**hygge**"?

"Hygge," pronounced hue-gah, is a Danish word which means "a feeling or mood that comes taking genuine pleasure in making ordinary, every day moments more meaningful, beautiful or special." (Quoted from "Hygge House.com by Alex Beauchamp.")

Some refer to hygge as the "art of creating intimacy" either with yourself, friends, or your home, while you are 'present' enough to take a moment to acknowledge the cozy happiness that comes with the feelings of secure, reassured, comforting, charming, caring, and simple.

You deserve to take time out each day for simple rituals, such as brewing real tea, reading a chapter or two of a book, doing a half an hour of yoga--whatever works to let your soul catch up with the hectic everyday pace.

Green tea is scientifically proven to **enhance your mood, release mental and physical stress, and decrease depression**. **L-theanine** (pronounced "el-thee-ah-nyn") is a natural relaxant found almost exclusively in green tea. It causes alpha-waves in the brain and creates an effect like meditation. However, it doesn't cause drowsiness. In addition, L-theanine is beneficial for brain health. [Read more](#)

March 20th is "International Day of Happiness." The United Nations has been celebrating this day as a way to recognize the importance of happiness in the lives of people around the world. According to their "World Happiness Report 2016," Denmark was the "happiest" country of the world, and the United States was the 13th.

Be reassured consuming green tea can help keep your body and brain working steadily at its best. As Rikyu, the historic Tea Master of Japan, said: "Taste all the joy of being alive now in this one simple cup of tea!"

Referrals:

http://worldhappiness.report/wp-content/uploads/sites/2/2016/03/HR-V1Ch2_web.pdf

"Green tea consumption is associated with depressive symptoms in the elderly"
ajcn.nutrition.org/content/90/6/1615.full

"Food and mood"
<http://www.sciencedirect.com/science/article/pii/S1744187006000023>

"Acute effects of tea consumption on attention and mood"
<http://ajcn.nutrition.org/content/98/6/1700S.short>

"Antidepressant-like effects of L-theanine in the forced swim and tail suspension tests in mice." <https://www.ncbi.nlm.nih.gov/pubmed/21425373>

"Neurobiological effects of the green tea constituent theanine and its potential role in the treatment of psychiatric and neurodegenerative disorders."
<https://www.ncbi.nlm.nih.gov/pubmed/23883567>

"Assessing the effects of caffeine and theanine on the maintenance of vigilance during a sustained attention task." <https://www.ncbi.nlm.nih.gov/pubmed/22326943>