

Drink Green Tea Every Day for Healthy Hormone Balance

Around age 50, both men and women go through the life stage where sex hormone balance is not in harmony, called "estrogen dominance." This imbalance could cause symptoms, such as mood swings and weight gain (especially belly fat). Also it increases the risk of diseases such as hormone related cancers: endometrial cancer, breast cancer, and prostate cancer, heart attack, and stroke.

This imbalance starts before menopause. Male menopause is called Andropause, the gradual decrease of male hormone, Testosterone, and it leads to estrogen dominance.

A new research from National Institute of Health shows daily green tea intake increased metabolism of excessive estrogen for postmenopausal women, compared to green tea intake of one cup or less per week.

This result suggests daily intake of green tea help to normalize estrogen dominance and to reduce the risk of hormone-related cancer.

Also this study found levels of caffeine consumption did not affect the estrogen metabolism, and black tea consumption did not produce this positive effect on estrogen level.

If you are experiencing menopausal symptoms, such as hot flashes, your doctor may recommend low caffeine life style. Edible Green is made with Sencha green tea powder, and it is lower in caffeine than Matcha. Regular Edible Green contains about 9 mg caffeine in one serving. Edible Green Decaf. contains about 2 mg caffeine in one serving. Matcha contains about 70 mg caffeine in one serving, while coffee contains 100 mg in one serving.

Edible Green Decaffeinated uses the natural method, water process, to remove caffeine. Water method decaffeinated green tea leaf still contains 95% of antioxidants of green tea leaf. Because you consume entire tea leaf in powder form when you drink Edible Green Decaffeinated, you still get much more antioxidants than drinking steeped "regular" green tea.

[Read more to find why Edible Green Decaffeinated is the only decaf. green tea to deliver green tea antioxidants.](#)

[Green tea intake is associated with urinary estrogen profiles in Japanese-American women.](#)

*Fuhrman BJ, Pfeiffer RM, Wu AH, Xu X, Keefer LK, Veenstra TD, Ziegler RG.
Nutr J. 2013 Feb 15;12:25. doi: 10.1186/1475-2891-12-25.*