

# GO Green

The Many Benefits of Drinking Green Tea

Green tea, which originated in China, is now one of the most commonly consumed teas all over the world. While many people enjoy the mild taste of green tea, it may have more benefits than simply being a delicious beverage. It may help you become healthier and fight certain types of disease.



## Reduced Risk of Heart Disease

According to Harvard Health Publications, drinking green tea regularly may help to reduce your risk of developing heart disease. Green tea may be able to reduce your risk because of its antioxidant properties, which block LDL or bad cholesterol while increasing HDL or good cholesterol and improving overall arterial function.

Harvard Health Publications recommends drinking about three cups of freshly brewed green tea per day for optimal benefits.

## Potential Cancer Fighter

Green tea contains a compound known as EGCG, a catechin that remains intact in green tea because it isn't as heavily processed as other varieties like black tea and oolong tea. According to some research studies, EGCG regulates and inhibits the growth of cancer cells in the body while working to fight and kill dangerous cells that are growing.



While more research needs to be done, and it's still unclear how much EGCG the body can absorb from a glass of green tea, EGCG's benefits do look promising – so much so that research scientists have even started formulating synthetic versions in an attempt to fight various types of cancer in laboratory settings.



**References**  
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## Weight Loss

Green tea has been shown to reduce LDL or bad cholesterol in the body, but it may also have an effect on how healthy you look by helping you lose weight. According to a Dutch medical study, participants who drank green tea lost more weight than those who did not – even with the same diet. While it's still unclear why green tea may contribute to weight loss, some scientists believe it's because caffeine contributes to fat oxidation and may boost a person's metabolism slightly, helping them to burn more calories.



# Green Tea

Can do Wonders to your Brain



## WHAT ARE THE BENEFITS?

### LESSENS ANXIETY AND RELAXES THE MIND

Increases the activity of GABA neurotransmitter. Increases Serotonin, Dopamine and the activity in the Alpha Frequency Band.

### MAY HELP TO PREVENT AGE-RELATED MEMORY DECLINE

May block harmful proteins in Alzheimer's disease that cause memory loss.

### BOOSTS WORKING MEMORY

Stimulate new cell formation in memory areas of the brain.

## How To Make the Most of Your Tea?

### ADD LEMON JUICE

Vitamin C significantly increases the absorption of catechins



### DO NOT ADD MILK

Adding milk may reduce the antioxidant content of tea



### USE LOOSE TEA LEAVES

Offer more antioxidants and polyphenols without toxins, additives or artificial aromas



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