

TIPS

GREEN TEA

the wonder drink!

It is associated with myriad benefits. Numerous studies show how important green tea is for one's body and mind. So is this the healthiest beverage ever?

It is, in all likelihood, given how beneficial green tea is for you.

This form of tea has bioactive compounds, which can have a positive effect on your body. The tea contains polyphenols like flavonoids, and catechins which work as powerful antioxidants and may help prevent cell damage.

One of the powerful compounds in green tea is the antioxidant Epigallocatechin Gallate, which has been studied to treat various diseases. Because of the presence of these antioxidants, many researchers believe that green tea may reduce the risk of various types of cancer. It is also believed to lower the risk of cardiovascular diseases.

The beverage is also believed by many to have benefits on mental health. A study



revealed that those who drink the tea have greater activity in the brain's segment of working memory. Theanine can produce a calming effect. Green tea is also believed to have positive effects on neurons, with a potential to reduce the risk of Alzheimer's and Parkinson's disease.

Can green tea aid in weight loss? Popular



belief says that it can.

It can be very useful if you substitute other beverages with green tea. Replace those sugary drinks opting for the tea, which is known to increase metabolic rate. But the direct relationship between weight loss and consumption of green tea is yet to reach definite and concrete conclusions.

Some studies show that the drink can aid in cutting down the blood's cholesterol level.

Researchers have a long list of reasons why you should shift to green tea. It is considered a wonder drink, and green tea has a reputation to live up to.

– LS Desk

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