

Teasome goodness

As a Bangladeshi, it is necessary to mention that we are, by all means, the “cha” club. Any kind of tea is our best of friends. From the “tong er tea” to the “tea-breaks” to the “rainy-day tea,” we have tea for all kinds of mood. Being addicted to tea might seem to be a bad idea to some of us, however, if you are more addicted to the milk tea with extra sugar intake, you my friend; need to slow down on the cups. Nevertheless, there are many good effects of taking tea daily that can help you make yourself guilt-free cup of tea any time of the day!

TEA? TEA.

It so happens that while choosing between tea and coffee, your answer should more likely to bend towards tea. Why? Because tea has less caffeine than coffee, which means you can sip on your beverage without those tingly effects on your nervous system.

FIGHT THE FAT WITH GREEN TEA

If you are procrastinating on losing weight, here is a little hack which might help you very well in the journey. Green tea is loaded with anti-oxidants and nutrients that not only helps with fat loss but it also helps brain functions and reduces the risks of various types of cancer. It also kills bacteria, which improves dental health and lowers the chances of getting any sort of infection. It can also prevent from food poisoning. Catechin, one of the bitter ingredients found in green tea has been shown to effectively kill the bacteria that cause food poisoning and minimize the effects of the toxins that are produced by those bacteria.



HIPPY HERBAL INFUSIONS

Herbal infusion teas can benefit you in many ways starting from rejuvenating a stressful day to healing from a bad cold. It also helps diabetic, kidney-affected patients with the nutrients it carries. Ginger tea,

jasmine tea, oolong tea, hibiscus tea etc. are available in every departmental stores. Herbal teas have proven to contain chemicals called alkylamine antigens that act similarly to some tumour cells and bacteria, boosting the body's immune response. It

has even been shown to have an effect on severe infections like sepsis.

FIGHT ACNE WITH TEA

With the recent on-going tree of essential tea tree oil, the part where tea intake may also help prevent acne is quite an obvious discussion. Chamomile tea mixed with honey is a great supplement, which resist your skin from breaking out time to time. Spearmint tea is an ingredient, which is very helpful for adult women who often face acne flares during their menstrual cycle. However, it is not recommended for pregnant or lactating women.

HEALTHY BONES WITH A CUP OR TWO

Drinking milk tea helps to keep bones stronger with the amount of frequent intake of milk on tea. It possibly mimics the amount of oestrogen in protecting the bones.

MENTAL HEALTH AND TEA

Tea is a great contributor for de-stressing the mind and calming the nerves. Black tea has been shown to reduce the effects of a stressful event. It helps by dropping the amount of cortisol in the stress hormone. Red tea eases irritability, headaches, nervous tension and insomnia. It also creates a calmer but a much more alert mind.

With the greatness of tea comes the vibe that refreshes our mind. It is certainly surprising how a cup of tea can save your day. Time for a cha, don't you think?

By Sumaiya Tasnim

Photo: LS Archive/Sazzad Ibne Sayed



Refreshing Tea that refreshes your mind!

Taaza tea naturally contains Theanine and other goodness of tea that makes the mind refreshed. Enjoy the new Brooke Bond Taaza's irresistible flavour and make your mind fresh and alive!

