

5 HEALTH BENEFITS OF GREEN TEA

Green tea has been widely praised for its health benefits. If you are looking to make healthier lifestyle choices, you can give Ispahani Blender's Choice Premium Green Tea a try.

Back in the times of ancient medicine, green tea was used to heal cuts, help digestion, improve the health of the heart and mind, and keep the body at the right temperature.

And its reputation as a healthy drink carries on in modern times as well. These are the five potential health benefits of green tea.

Aids in weight loss

With zero calories, a refreshing taste, and proven to aid fat-burning, green tea is the drink to choose for weight loss. In fact, green tea is so effective at reducing body fat that it is likely to be included in every fat-burning product you find. This is because green tea has been shown to improve fat oxidation and metabolic rate.

Caffeine and other plant components like catechins may be responsible for this effect due to their metabolic characteristics. It was also suggested in several types of research that the weight reduction benefits of tea polyphenols were not the consequence of caffeine alone but rather of a synergistic interaction of catechins and caffeine.

Enhances brain function

Green tea's caffeine content is lower than coffee's, yet it may still aid with attention and concentration. In addition, the amino acid L-theanine, which helps relieve anxiety and lessen insomnia, found in green tea, has a calming impact by elevating feel-

good brain chemicals including Gamma-aminobutyric acid (GABA), dopamine, and serotonin.

Green tea's beneficial polyphenols may also help mitigate the mental decline associated with advancing age.

Assists in lower blood sugar level

Type 2 diabetes is caused by insulin resistance, which prevents cells, muscles, and the liver from absorbing glucose to power the body. Poorly controlled diabetes may cause heart disease, neuropathy, and vision difficulties. Green tea, however, when included in a diet that is appropriate for someone with type 2 diabetes may help lower insulin resistance.

Green tea is an excellent addition to a diabetic diet since it is low in calories, has no sugar, and has many health benefits from its natural state when consumed straight from the bag. There is also some evidence that drinking green tea or taking green tea extract may help reduce glucose levels in the blood.

Supports skin health

Not only is drinking green tea beneficial for your physical health, but it also has the potential to help you maintain your looks. Products containing green tea are often recommended by beauty professionals because of the anti-inflammatory benefits of this beverage. For instance, some suggest that using green tea supplements and cream with a 10 per cent concentration might increase skin suppleness and delay the onset of wrinkles.

Relieves cavities

Green tea's antibacterial capabilities are second to none, and regular use of the beverage also reduces the sugar content of saliva and the amount of dental plaque that builds up on teeth. Consuming unsweetened green tea daily has been found in several studies and pieces of research to be beneficial in warding off cavities and halting the progression of tooth decay.

There are many things we strive to do in order to live a healthy lifestyle. A relatively simple one would be to get yourself Ispahani Blender's Choice Premium Green Tea!

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