Tea: The World’s Green Gold

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Industrialisation of the world has made degenerative diseases the top ten causes of death after 45 years of age. Diabetes, heart disease, stroke and cancer have taken the top of the list of such degenerative diseases in the modern day. Diet, naturally plays an important role in preventing these diseases. Nutritionists and scientists have, therefore, focused their attention to identify beneficial components in diets.

Tea And Health

– Extensive research has revealed that the calorific value of tea is almost zero, making it the ideal drink for modern day health and calorie conscious consumers.

– Although rich in potassium, the sodium content in tea has been analysed as very low. This makes tea an ideal beverage for individuals suffering from hypertension.

– Scientific research has revealed that tea drinking helps reduce the risk of common

degenerative diseases. Tea is therefore, not only a safe beverage in terms of calories and sodium, but has additional benefits as it contains a uniquely high amount of anti-oxidant polyphenols.

– Caffeine and polyphenols are the major non-nutrient components in tea. Caffeine, a well known stimulant, acts on the central nervous system increasing alertness and reduces fatigue and feelings of drowsiness.

– Fluoride in tea helps prevent tooth decay and strengthens the teeth while polyphenols inhibit the growth of harmful micro-organisms, thus improving oral health.

– The negative actions of certain micro organisms in the human intestinal tract are minimised by the consumption of tea, which aids digestion.

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