Tea: The World’s Green Gold – Tea and Health

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– Tea contains high amounts of antioxidant polyphenols, which reduce the risk of heart disease and strokes.

– Tea polyphenols could directly react and neutralise chemical carcinogens, reducing the risk of cancer. Our body itself has enzyme systems (mainly in the liver) that act to detoxify toxic and carcinogenic agents, which enter the body.

– Investigations have revealed that polyphenols could act as antioxidants after consumption, thus decreasing the risk of many diseases. Tea contains uniquely high amounts of polyphenols.

– Antioxidants could reduce the amount of oxidant species in the circulatory system and therefore, reduce plaque formation. A high cholesterol level in the blood also increases the risk of heart disease. Studies have shown that both black and green tea consumption could reduce cholesterol levels.

– Scientific investigations have shown that tea extracts and tea polyphenols could inhibit the platelet aggregation to a certain degree, thereby reducing the risk of thrombosis (blocking of arteris by a blood clot).

– The endothelium or inner lining of the arteries plays a central role in the proper functioning of arteries. Investigations have now revealed that both short term and long term tea consumption improves the endothelial function, thus reducing the risk of heart disease.

Anselm Perera (Mlesna Tea Centres)