

# BENEFITS OF DRINKING TEA

Drinking tea isn't exactly a current American tradition, but traditions have to start somewhere, right? The benefits of drinking tea are pretty impressive and worth taking into consideration. Here's a brief overview of what those leaves can offer.



**1 Lowers Bad Cholesterol-** A 2011 study in the American Journal of Clinical Nutrition found that green tea drinkers lowered their LDL (or 'bad') cholesterol by just under 2% in 3 months compared to groups who drank an inactive tea preparation. While not enough for those with very high cholesterol, the study suggests that green tea is part of a heart-healthy diet.

**2 Lowers Risk of Developing Hypertension-** A 2004 study in the Archives of Internal Medicine found that people who drank  $\frac{1}{2}$  C- 2  $\frac{1}{2}$  C tea regularly for at least one year had a 46% lower risk of developing high blood pressure. Hypertension is a leading risk of heart disease.

**3 May Increase Bone Strength in Women-** A University of Tokyo study found that women who drank green tea 5 or more days per week had significantly higher bone mass density than women who drank it less than 5 days per week. This was still true when the results were adjusted for age, BMI, smoking, alcohol and physical activity.

**4 Tea is Packed with Antioxidants-** The kinds of antioxidants found in tea are different than those in fruits and vegetables, but they are just as important to include in our diets. Studies have found that both green and black teas have 8-10 times the amount of antioxidants than fruits or vegetables.