

Discover The Wonderful Age Old Health Benefits Of Black Tea

The Chinese have been known for drinking tea, at least in movies and in restaurants. This picture that we have been given is a true picture, they have done this because of its refreshing and soothing effects. Black tea is an Asian tea and it comes from the plant called *Camellia Sinensis*. The actual difference between teas though comes from how the leaves are processed, not from where they come from. Green tea, black tea, and oolong (black dragon tea) are the three teas that we get from the Chinese. Black tea has a more full taste and actually tastes better with age as in comparison to the other two. It undergoes full oxidation, which gives it its aromatic and rich taste. The leaves of the *Camellia Sinensis* are first dried and then fermented in order to make black tea. It is not only known for its captivating flavor but it is believed to have health promoting nutrients as well. The benefits of black tea is the result of flavonoids in tea. Originally scientists believed that the process of fermentation changed the flavonoid polyphenol would change the black tea into another form which might change its beneficial aspects but it really didn't change that aspect of it at all. The health benefits of black tea are:

Antioxidants: These are also found in vegetables and fruit. Antioxidants have disease fighting abilities. There have been many studies investigating their benefits such as their ability to fight cancer and heart disease. Similarly to how oxygen can make iron rust, the oxygen in our blood can be somewhat destructive. These destructive substances in our blood are called free radicals and they are the reason why our body can have massive cellular damage when we age or undergo degenerative diseases like cancer or heart illness. Antioxidants from black tea and other sources will seek out these free radicals and destroy them. While doing this they help protect your body from aging and the effects of pollution. Antioxidants have been a big deal in the news lately in terms of their importance to our diet. They are included in vitamins as a supplement to the diet.

Caffeine: While it may not contain as much caffeine as your morning cup of coffee it still does contain enough to give you that little push you may need in the morning to get you going. You won't have the same side effects that you could have with the cup of coffee though because you will not have the heart palpitations from too much caffeine. An eight ounce cup of coffee contains about one hundred thirty five milligrams of caffeine while black tea contains only about thirty to forty milligrams per cup.

About the Author

Of heart attack, diabetes, and hypothyroidism. He claims he has a healthy lifestyle, since he ge. He followed the advice for awhile, but not long.

Source: <http://www.productsherbal.com>